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Exotic pets: Born to be wild?

Metro kicks off its three-day feature with a look at what it takes to own critters ranging from a serval cat to a 16-foot python PAGES 4 & 5

THREE TO WATCH IN SOCHI

- **9 a.m.** The Brad Jacobs rink will meet China in the men's curling semifinals, with a shot at gold on the line.
- **10:15 a.m.** Kaillie Humphries and Heather Moyse, the reigning Olympic gold medallists, take their final two runs in women's bobsled.
- **11 a.m.** Canada takes on Latvia in the quarter-finals of men's hockey. Latvia was winless in its first three games before upsetting Switzerland in the qualifier. GREG DOWNS/FOR METRO

SKATES OF GLORY

Canada's short-track 3,000-metre women's relay teammates, from left, Marianne St-Gelais, Valérie Maltais, Jessica Hewitt and Marie-Ève Drolet receive their silver at the medal ceremonies in Sochi, Russia, on Tuesday. It was one of two silver medals Canada won on Tuesday, bringing the medal total to 17. Olympics coverage, pages 3, 7 & 16-19. PAUL CHAISSON/THE CANADIAN PRESS

Mine shutdown continues after worker's death

Man killed on Monday. Province continues to probe tragedy at potash mine near Saskatoon

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Provincial workplace safety officials are continuing to investigate after a falling piece of ore struck and killed a worker on Monday at a potash mine just outside Saskatoon.

Tareq Al-Zabet, executive director of the province's occupational health and safety division, said on Tuesday that investigators are at the Cory mine, which is owned by Potash Corporation of Saskatchewan, collecting evidence and conducting interviews as part of the probe.

"We secure the scene first, then we send our OHSD officers to do the initial assessment, witness statements and interviews," Al-Zabet said of the process of investigating such an incident.

"(They) collect all data and evidence relating to this particular case."

Operations at the mine were halted after the incident and remained shut down on Tuesday, PotashCorp spokesman Bill Johnson said.

Counsellors are at the site talking to workers, as the company carries out a separate investigation.

"We're trying to understand what took place," Johnson told Metro.

"We gave (all the workers) an opportunity to ask any questions and to say what was on their minds — we want to hear what their concerns are."

Grim statistic

11

Since 2005, there have been 11 deaths at mines in Saskatchewan — with eight of them occurring at potash sites.

Before Monday's tragedy, the most recent fatality at a Saskatchewan potash mine occurred last year at a facility owned by Calgary-based Agrium Inc.

Despite the dangers in mining, Johnson downplayed the impact of safety concerns on the company's attempts to recruit workers.

"I don't believe that to be the case," he said when asked whether the issue hinders recruiting. "We will continue to do everything we can to make our mines as absolutely safe as we can to work in."

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Lyndon Rush plans to retire after Olympics, family says

Pride of Humboldt.
Sochi final Games showing for Sask. bobsledder

For family members of Olympic bobsledder and Saskatchewan native Lyndon Rush, the Winter Games in Russia have been bittersweet.

Rush, originally of Humboldt, finished ninth in the two-man bobsled event on Monday in Sochi. On Saturday, the 33-year-old will compete for Canada in the four-man event — his last chance at an Olympic medal after winning a bronze at the Games in Vancouver in 2010.

"We're watching our son, knowing that this is the final part of his Olympic journey," Jerry Rush, Lyndon's father, told Metro from his home in Sylvan Lake, Alta., on Tuesday.

"He's done two (Olympic Games) and he's totally committed to retiring after this one, and so we've looked at it differently," he said.

"This is awesome that he got to go to two Olympics, and it's a little bit sad."

Rush said reality struck while he watched his son, who also lives in Sylvan Lake, compete in the two-man event.

"When he got to the bottom, it just sort of hit me," he said.

"We will never see him in a bobsled again. There's no opportunity to do that recreationally."

Krysta Rush, Lyndon's wife and mother of their three — soon to be four — children, confirmed that her husband is planning to retire after the Games. She added, however, that they will discuss their options.

"It's just not an ideal family situation having him away nearly six months of the year," she said, noting that finances are another factor.

"We do have six months, almost, with him home where he's training, so he can kind of involve the kids," she added.

"But as far as taking family holidays and even just like camping in the summer, that really isn't something we're able to do because he needs a gym."

MORGAN MODJESKI/METRO SASKATOON

The CAN-1 team, piloted by Lyndon Rush with brakeman Lascelles Brown, starts its third run in the two-man bobsled competition at the Olympic Winter Games on Monday in Krasnaya Polyana, Russia. MICHAEL SOHN/THE ASSOCIATED PRESS

Antidepressant use up among Sask. adolescents: Study

A proliferation of antidepressants among pediatric patients in Saskatchewan has some experts worried.

A study highlighted in the February issue of the Canadian Journal of Psychiatry found that the number of people up to age 19 prescribed an antidepressant in 2007 was more than 2.5 times the number in 1983.

"We're going from 5.9 per thousand to around 15.4 per thousand," said Dr. Carl D'Arcy, a professor in the department of psychiatry at the University of Saskatchewan and co-author of the study with research fellow Dr. Xiangfei Meng. "That's a fairly large increase."

He added that part of the reason for the rise is an introduction of drugs known as selective serotonin reuptake inhibitors (SSRIs) to the market.

While D'Arcy explained that SSRIs such as Prozac and Zoloft are believed to have fewer side effects than their predecessors, there is evidence they can cause harm in young users.

"There are some studies done in the United States that found increased risk of suicide," he said.

In 2004, the U.S. Food and Drug Administration issued a "black box" warning on packaging and Health Canada issued a general advisory.

According to the study, this may have contributed to a slower increase of prescriptions from general practitioners in Saskatchewan after 2004.

But D'Arcy said there remains cause for concern. For one thing, in 2007, family physicians still handed out the highest number of antidepressants.

One positive finding, said D'Arcy, is that most of the increased usage did not occur in those less than 10 years old.

JACOB MORGAN/METRO SASKATOON

Stalking prey on the savannah? Nope. Jagger the serval cat is on his daily outing in the Regina suburb where he lives. His owners say they're prepared to move out of province to keep their pet, if need be. ALYSSA MCDONALD/METRO IN REGINA

A killer in the family

Jagger the serval cat.
A Regina couple talks about their devotion to an African feline

ALYSSA MCDONALD
Metro in Regina

As Kim Shaheen takes his nightly walk around his suburban Regina neighbourhood, there are lots of smiles, some stares and a few questions.

And they are all focused on the African serval cat on a harness with Shaheen.

For many, the animal — the smallest out of the African cat family — is usually not the first thing that comes to mind when choosing a new pet.

But for Shaheen and his wife, Pam, a couple from Regina with three grown children, it was the perfect way to round out their family.

The 30-pound pet, named Jagger, has four litter boxes, regularly plays fetch in the park behind the house and sleeps in the same bed as the couple.

"It's like having a four-year-old that is never going to grow up," Shaheen told Metro from his living room in northeast Regina. "It's a pet that you get so close to because they are so dependant on you," added Pam.

Visit metronews.ca to watch a video of Jagger in action.

Jagger is so much a part of the family that when the couple found out in November 2012 — roughly seven months after they got the baby animal from a breeder in B.C. — that the province might not allow them to keep him, they started planning a move. "He's got no claws, he's never let out on his own (and) he's fixed so he is not going to change the environment, so I am not quite sure what the issue is," Pam said, adding that the city has no problem with the pet, just the province.

The pair say that serval cats get attached to their owners and once separated, the pet will go so far as to starve itself instead of living without its family. That's why, for the Shaheens, choosing to get Jagger was not a rash decision but rather a 20-year commitment — and even a letter from provincial government officials asking them to voluntarily remove Jagger from the province would not stand in their way.

"(He's) a family member. We can't give him up," said Shaheen, adding that the city was far more accommodating. It was easy to register their exotic cat. "We are his pride ... even when we are not here for a few days, he gets depressed."

"They bond with one family for life," said Pam.

So the couple has embraced living with their larger-than-life pet, taking him to schools and seniors homes for visits and watching him play with the family dog and cat. And not minding when he jumps up on the kitchen counters and costs them roughly $300 a month in "food and whatever he breaks."

Kim Shaheen cuddles his pet serval cat, Jagger. ALYSSA MCDONALD/METRO IN REGINA

Day 1: Exotic pets in Canada

After two New Brunswick boys were killed last year by an escaped African rock python, we wanted to understand why so many Canadians bring exotic — and sometimes lethal — animals into their homes and lives. What are the costs involved in caring for such critters? How many of these pets are illegal? And what happens when it all goes wrong?

- **Thursday.** Escape the clutch of a Burmese python and hear what the Ikea monkey's former owner has to say about having wild friends.
- **Friday.** Metro goes shopping for an opossum, and explains what to do when you have trouble with your pet fox.

Vern Ruml's 16-foot-long, 200-pound Burmese python named Abu poses with Ruml's girlfriend, Becky Girard. Abu was born in Ruml's home near Winnipeg in 1999. Ruml legally owns a dozen reptiles, and he's concerned about the welfare of animals that are smuggled into Canada. VERN RUML

Why do people buy exotic pets? Some say love, others say ego

ISTOCK

Opposing camps. Folks on either side of the ownership debate weigh in on the point of it all

ALYSSA MCDONALD
Metro in Regina

When exotic pets make headlines, it's usually not for a good reason — generally, the story involves beasts who have escaped, have injured someone or been seized by officials as smugglers try to bring them into the country.

That can lead to a lot of head-shaking. Why, people wonder, does anyone want to obtain such creatures in the first place?

"I think for some people it's the challenge, but number one and foremost, it's for the love of the animal," said Scott Shoemaker, who acts as the director of Responsible Exotic Animal Ownership, a pro-position U.S. lobby group.

Shoemaker owns tigers, African cats and cougars, and said he does it because of the connections he's established with his pets.

"There are a lot of people who buy these animals and they love them," agreed Rob Laidlaw of Zoocheck, an organization that's on the other side of the exotic pet ownership debate. "They swear by what they are doing, are committed to it and defend it, and every once in a while someone gets killed by their pet."

Since exotic animals tend to be so much work, and some are potentially lethal, owners who are not dedicated to such pets tend to get rid of them, which can cause problems if the animals are simply let back into the wild.

Laidlaw said that a variety of influences, including television shows featuring odd creatures, can prompt people to obtain an unusual pet. "People do just buy animals on an impulse. They don't know what they are getting into," said Laidlaw. "They acquire the animal, get attached to the animal right away and end up keeping it." But he also maintains that some people want exotic pets because of the ego boost involved. "I always use the expression, 'Give a nobody a cougar on a leash, they become a somebody,'" he said.

But Shoemaker maintains that's not the reason people end up keeping such pets. "The commitment is 10 to 20 years, especially for a bigger cat. After the first couple of times it poops on your floor, it's no longer cool — it's some work," said Shoemaker.

"(People) may get into it because of that, but they don't stay in it because it's cool."

Quoted

"I always use the expression, 'Give a nobody a cougar on a leash, they become a somebody.'"

Rob Laidlaw of Zoocheck

❋ Buyer beware: Your scaly friend might not get into the country

There's the debate over whether exotic animals are safe to keep as pets — and then, there's the question of whether they're even legal to bring into Canada in the first place.

"We're seeing more traffic of exotic pets," Lyle Saigeon, executive director of the Saskatchewan Ministry of Environment's fish and wildlife branch, told Metro.

"The problem is that the exotic pet trade becomes kind of a global thing. And certainly, a lot of exotic animals are being brought into Saskatchewan, or other places in Canada, (through) online pet stores."

The continuing rapid increase in online pet sales has made purchasing animals foreign to Canada far easier than it used to be.

Saigeon points out that it's "kind of a buyer-beware thing" as to whether the would-be pet is legal to own in Canada, or in any particular province or city — and therefore, whether the snake, lizard, monkey or mongoose can even cross the border in a box or by some other means and reach the purchaser's property.

If the creature is endangered, he said, "the federal government would not let something like that into the country. But if it's coming across in a box, a lot of times it's not caught. And that's certainly the case for a lot of smaller animals."

Vern Ruml, who legally owns a dozen reptiles including a Burmese python, boa constrictors and an alligator snapping turtle at his home near Winnipeg, is concerned about transactions and transport of foreign animals.

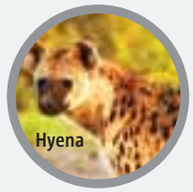
"If they're not allowed, isn't the only way to get them here to smuggle them?" said Ruml, who operated the Ruml's Reptiles educational enterprise in Manitoba until about a decade ago.

"That shouldn't happen. If an animal isn't supposed to be somewhere, it shouldn't be there. Because ultimately, it's the animal that suffers. Not the person." ROSS ROMANIUK/METRO

❋ **If you're uneasy about buying pets online, then you're better off going to a local pet store where it's more likely that the pets for sale are legal in a particular jurisdiction, advises Lyle Saigeon, executive director of the Saskatchewan Ministry of Environment's fish and wildlife branch.**

So, where can't I own a wolverine?

The rules around exotic animal ownership in Canada are mostly a patchwork of provincial and municipal laws. Here are just some of the creatures you can't keep in various jurisdictions across the country.



Pets prohibited in Toronto include:
- Canidae (such as coyotes, wolves, hybrid wolf dogs) except dogs
- Chiroptera (bats such as fruit bats, myotis, flying foxes)
- Felidae (such as tigers, leopards, cougars) except cats
- Hyaenidae (such as hyenas)
- Marsupials (such as kangaroos, opossums, wallabies) except sugar gliders derived from self-sustaining captive populations
- Mustelidae (such as skunks, weasels, otters, badgers) except ferrets
- Primates (such as gorillas, monkeys, lemurs)
- All venomous and poisonous animals

Pets prohibited in Saskatoon include:
- All bats
- All Crocodilians
- All hyenas
- All Arachnids dangerous to humans, except tarantulas of the genera Aphonopelma, Avicularia and Grammostola
- Canidae, except the domestic dog
- All Edentates (such as anteaters, sloths and armadillos)
- All Marsupials (such as kangaroos and opossums)
- Primates (such as gorillas and monkeys)
- All Pinnipeds (such as seals, fur seals and walruses)

Pets prohibited in Nova Scotia include:
- Wild boar
- Prairie dogs
- All Hyaenidae (hyenas)
- All Ursidae (bears)
- All Cervidae (deer)
- All Primates
- All Pteropodidae (bats)
- Canidae, except the domestic dog
- Felidae, except the domestic cat
- All Crocodilians (such as alligators and crocodiles)
- All Procyonidae (such as raccoons, coatis and cacomistles)
- All Viverridae (such as mongooses, civets and genets)
- All venomous animals (including those with toxin removed)

Pets prohibited in Winnipeg include:
- All bears, including polar, grizzly, brown and black bears
- All fur bearing animals of the family Mustelidae, including weasel, badger, skunk, otter, wolverine, except the domestic ferret
- All Procyonidae, including raccoon, kinkajou, cacomistle, cat-bear, panda and coatimundi
- All carnivorous mammals of the family Viverridae, including, but not limited to, civet, mongoose and genet
- Primates, including but not limited to monkey, ape, chimpanzee, gorilla and lemur

ISTOCK PHOTOS

Police, protesters killed in clashes in Ukrainian capital

Kyiv. Officers in riot gear moved against main protest camp as anti-government faction fought back with rocks, bats and firebombs

Amid cries of "Glory to Ukraine!" and with flaming tires lighting up the night sky, thousands of riot police armed with stun grenades and water cannons attacked the protest camp in the centre of Kyiv on Tuesday, following a day of street battles that left 18 people dead and hundreds injured.

The violence was the deadliest in nearly three months of anti-government protests that have paralyzed Ukraine's capital in a struggle over the nation's identity.

With the boom of exploding stun grenades and fireworks nearly drowning out his words at times, opposition leader Vitali Klitschko urged the 20,000 protesters to defend the camp on Independence Square.

"We will not go anywhere from here," Klitschko told the crowd. "This is an island of freedom and we will defend it," he said.

As police dismantled some of the barricades and tried to push away the protesters, they fought back with rocks, bats and firebombs.

THE ASSOCIATED PRESS

Canadian connection

A handful of anti-government protesters have taken shelter inside the Canadian embassy.

- Foreign Affairs Minister John Baird's office says they are peaceful and have not caused any damage or harm to staff.
- Canadian embassy workers are safe and accounted for, spokesman Adam Hodge said.

Anti-government protesters clash with riot police in Kyiv's Independence Square in Ukraine on Tuesday, where thousands of police attacked the large opposition camp in Ukraine's capital that has been the centre of nearly three months of anti-government protests. EFREM LUKATSKY/THE ASSOCIATED PRESS

Pussy Riot members detained by police in Sochi

Pussy Riot members Nadezhda Tolokonnikova, in the blue balaclava, and Maria Alekhina, in the pink, make their way through a crowd after they were released from a police station Tuesday in Adler, Russia. MORRY GASH/THE ASSOCIATED PRESS

Russian punk group Pussy Riot burst onto the Olympic scene Tuesday when two of its members were picked up by police in Sochi — and then ran away defiant down a rain-soaked street a few hours later, shouting and wearing their trademark balaclavas.

The police questioning of Russia's most recognizable punk rockers, along with detentions of activists in recent days, brought political tensions to the fore at Vladimir Putin's showcase Winter Olympics.

Nadezhda Tolokonnikova and Maria Alekhina, along with seven others, were held by police near Sochi's ferry terminal, a popular area for fans celebrating the Games. Police said they were questioned in connection with a theft at a hotel. No charges were filed.

"Putin will teach you how to love the motherland!" the women chanted on leaving the police station, their fists in the air and blue, pink and orange ski masks covering their faces.

Tolokonnikova said Tuesday's detention followed three days of police harassment. She also said the two band members were detained for several hours the previous two days.

"We members of Pussy Riot have been here since late Sunday and we were constantly detained since then," Tolokonnikova said after her release. "We are constantly surrounded by people, not you journalists, but people who are shadowing us, following our every move and looking for any excuse to detain us." THE ASSOCIATED PRESS

Renewed criticism

Russia's suppression of protests has been widely denounced in the West and the Pussy Riot detentions brought renewed criticism.

- "In Putin's Russia, the authorities have turned the Olympic rings ... into handcuffs to shackle freedom of expression," said John Dalhuisen, Europe director for Amnesty International, in a statement.

Venezuela

Opposition leader surrenders after days in hiding

Opposition leader Leopoldo López emerged from days of hiding and surrendered to police before thousands of supporters on Tuesday, saying he hopes his arrest awakens Venezuela to the corruption and economic disaster caused by 15 years of socialist rule.

Speaking via megaphone to over 5,000 people, López said that he doesn't fear going to jail to defend his beliefs and right to peacefully protest against President Nicolás Maduro.

López was being sought by authorities for allegedly inciting violence during protests last week in which three people were killed.

THE ASSOCIATED PRESS

France

Man arrested in 2012 French Alps shooting deaths

French police detained a 48-year-old man Tuesday in the first French arrest linked to the shooting deaths of a British-Iraqi and three others in the French Alps nearly 18 months ago.

THE ASSOCIATED PRESS

Bangkok

Attempt by police to clear protest sites turns deadly

Gun battles broke out Tuesday as hundreds of riot police made their strongest attempt to clear anti-government protest sites around Thailand's capital, leaving at least four people dead and 64 others injured.

Multiple gunshots were heard near the prime minister's offices, where riot police had started to remove protesters and dismantle a makeshift stage. Witnesses said a grenade was thrown at the police and shots were then fired by both sides.

The police withdrew after a series of clashes.

THE ASSOCIATED PRESS

Riot police fire on protesters in Bangkok, Thailand, Tuesday. WALLY SANTANA/THE ASSOCIATED PRESS

This time it's not Putin doing the censoring in Sochi

Image control. The International Olympic Committee is strictly enforcing blackout of non-official sponsors

Want to see the glasses and goggles that aerials skier Lydia Lassila and snowboarder Lindsey Jacobellis wore at the Sochi Olympics? If you go to the website of the company that manufactures their eyewear, you might be in for a shock.

On the Australian section of bolle.com, photos of Lassila, Jacobellis and other competitors at the Sochi Games have been digitally blurred to obscure their faces.

This isn't a throwback to the days when Soviet propaganda chiefs airbrushed people out of photos. It's an extreme application of regulations meant to make sure that companies such as Bollé, which do not sponsor the Olympics, don't get to advertise off the back of them.

So the Olympics are a Pepsi-free zone, because Coca-Cola is an Olympic sponsor. In Sochi's Olympic Park, only Visa cards work for payments or in ATMs, again because Visa is a sponsor. At one Sochi venue, an Olympic worker even slapped a white sticker over the Dell logo on a journalist's laptop, because the computer manufacturer isn't an Olympic sponsor.

For Olympians, the dense and confusing thicket of rules severely restricting advertising is a serious issue.

In theory, Olympians could be disqualified if they use the games to plug non-approved brands. The International Olympic Committee even holds athletes responsible for how their sponsors behave outside the Olympic bubble. THE ASSOCIATED PRESS

Advertising

During the Sochi Olympics, the athletes can't let their images be used for any commercial advertising. The blackout applies from nine days before the opening ceremony until three days after the closing — from Jan. 30 to Feb. 26.

Will investors be sweet on Candy Crush Saga?

This screenshot shows Candy Crush Saga. King Digital Entertainment PLC, maker of the maddeningly addictive mobile game, is planning to raise up to $500 million from an initial public offering of its common stock. The company did not disclose how many shares are expected in the IPO or the projected price range. CANDY CRUSH/THE ASSOCIATED PRESS FILE

Mexico City. Harper and Peña Nieto play nice ahead of Three Amigos summit

Canada and Mexico have sealed an agreement to expand air travel between the two countries and renewed their vows to foster mutual economic growth.

Ministers formally signed the travel deal Tuesday under the watchful eye of Prime Minister Stephen Harper and Mexican President Enrique Peña Nieto.

The two countries also renewed their long-standing "joint action plan" to foster economic growth, security, immigration and trade.

Harper's meeting with Peña Nieto will serve as a warm-up of sorts for Wednesday, when they join U.S. President Barack Obama in a North American leaders' summit.

Earlier in the day, as he met with Mexican business leaders, Harper said Canada needs to do more to close its trade deficit with Mexico while attracting more investment from its southern neighbour.

While the 20-year-old North American Free Trade Agreement has fostered commercial growth between the two countries, there are still wrinkles to iron out, he suggested.

"It's a very unbalanced relationship," Harper said.

"Trade flows have gone up enormously, but mostly on the Mexican side. Investment flows have gone up enormously, but almost entirely on the Canadian side. So we probably want to take a look at what we can do to grow some of those things ... in a more balanced way."

In 2012, Canada imported $25.5 billion from Mexico while Canada exported about $5.4 billion to Mexico, the Prime Minister's Office said.

THE CANADIAN PRESS

Prime Minister Stephen Harper walks with Mexican President Enrique Peña Nieto in Mexico City on Tuesday. THE CANADIAN PRESS

A new chapter

Wikipedia turns page, with books

Thanks to a crowd-funding campaign Wikipedia is set to take a retro twist with a set of printed books covering more than 4 million English-language articles over more than a million pages.

METRO WORLD NEWS

A Wikipedia book. METRO WORLD NEWS

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GOLD
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Natural gas: $5.57 US (+$0.19)
Dow Jones: 16,130.40 (-23.99)

PUPPET MASTER PULLS HIS LAST STRING

JUST SAYIN'

Paul Sullivan
metronews.ca

Who's your favourite Muppet?

C'mon, I know you have one. Most people probably go with Miss Piggy, Kermit, Big Bird or Elmo.

Or maybe Bert & Ernie. There's an iconic New Yorker cover from the summer of Bert snuggling with Ernie, watching TV as the U.S. Supreme Court upholds gay marriage.

But I digress.

You can tell a lot about someone from his or her favourite Muppet. If you're a regular reader you're probably not surprised that I favour the wacky fringe Muppets (especially purple fringe), non-specific species such as Cookie Monster, Animal, Gonzo and the Swedish Chef.

And the Yeppers, multi-headed long-necked beasts that only say "Yep." The Yeppers get me every time.

But my favourite Muppet , hands down (pardon the puppet joke), is Sweetums. Sweetums is a nine-foot, hairy ogre with a big red nose and sharp teeth. Of course, like every Muppet, he's completely harmless, except if you're Kermit.

Sweetums is notorious for turning up whenever Kermit's around and announcing: "Sweetums eat frog now!" then giving chase. It's worth noting that in Muppetland, Kermit is still very much alive.

Which sadly, is not the case with Kermit and Sweetums' creator, Jim Henson, who died a tragic early death at 53 in 1990. Now his son John, a frequent Sweetums puppeteer and voice, has died of a heart attack at 48.

Jim Henson's death was particularly bizarre. He thought he had the flu, but very quickly became gravely ill and died of streptococcal toxic shock syndrome. Jim's wife and John's mother Jane died last year, suffering from cancer and paralysis, at 78.

John, who grew up in the family business, is remembered as an artist with an eye for detail, which he inherited from his dad.

It is a sad irony that this family who brought so much joy to the world has experienced so much suffering.

The family business will continue, but with John's death, I wonder if it will continue to be centred in the sly, generous satire that has elevated the Muppets beyond mere foolery. Like Fraggle Rock, which Henson produced in Toronto for a syndicate that included the CBC. Fraggle Rock was populated by a ridiculous sub-species called the Doozers: green, six-inch, dough-like creatures complete with hard hats who tirelessly and mindlessly erected structures that the Fraggles would absent-mindedly break off and snack on, which didn't faze the Doozers, as it kept them gainfully employed. A wonderfully wry and ridiculous commentary on relationships, mindful or otherwise.

The Muppets may be the only show with built-in critics, Statler and Waldorf, two irascible old grouches who sit in the balcony and carp amusingly about the proceedings.

So there's more to the Muppets than the letter A or the number 1. In fact even the number 1 comes with a purple vampire, Count van Count, who "loves to count."

I hope there's a heaven. Of course, if there isn't, the Hensons will just build it and populate it with the marvellous products of their remarkable imaginations. They're that good.

ZOOM

Does this look familiar?

JOE PEPLER/REX

It's really not as high as it looks

What's this, London's under siege from savage-looking marauders? No, silly, it's just The Wall from the hit series Game of Thrones. HBO commissioned artists 3D Joe and Max to recreate the famed 480-kilometres-long and 215-metres-tall wall, in Bishop's Square, to celebrate the release of season three on DVD and Blu-ray. METRO

Get your climbing crampons on

The Wall, protected by the Night's Watch, keeps the evil White Walkers at bay. Londoners are encouraged to "scale" the wall like character Jon Snow. Fans of the U.S.-owned HBO program, who would prefer to stay in the comfort of their own home, haven't got long to wait for season four of the show, which is due to air in early April. METRO

Artists' view

"We knew we had to do something really special to match the sheer scale of this phenomenal TV show that has swept the globe."

Joe Hill, founder of 3D Joe and Max

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Metro Online

GETTY IMAGES

With news that athletes are using Tinder to hook up in Sochi's Olympic Village, it seems we've reached a peak in dating apps. There are now a host of apps that fuse technology and flirting, letting you find partners based on location, dietary preferences or how many mutual connections you have on LinkedIn. However, if you find yourself bored, give these hookup apps a spin.

Wingman:
Billing itself as Tinder for the mile-high club, this app lets you flirt with your fellow airplane passengers. The app has yet to launch, but it promises to work over Bluetooth, just in case your 3G service conks out at 30,000 feet.

Kimye:
This iPhone dating simulator puts you inside Kanye's leather jogging pants as he tries to woo Kim Kardashian. Options include dropping a new record to get her attention.

Spreadsheets:
If you've ever found yourself exclaiming that your sex life needs more data analysis, then this cleverly-titled app is for you. Using your phone's microphone and accelerometer, the app determines how successful your coital encounter was.

Twitter

@metropicks asked: Russia's panties are in a twist over lacy lingerie trade ban. What type of clothing would you ban?

@igor_mariano: crocs

@Canucklehead_ca: Speedos. Oh, and whatever this is called - the Borat?

@GeeDubayou: UGGs and yoga pants.

@Mystz: anything from the 80's! :-P

@Metro_DK: Skinny jeans with the arse hanging to the ground. #banthem

@EvanDentremont: yoga pants if not actually doing yoga. Likewise for hockey jerseys.

@mtlkeith: 70,s leisure wear. :(((

@CJBondo: I think the real article deserving a ban are the pants sported by the Russian curling team.

@WillyRBeek: anything and everything with the Montreal Canadians logo printed on it.

@sarahhbeichi: cargo shorts, yuck

@ctmwyn: I'd gladly bid farewell to leggings as pants. #BuhByeOversharers

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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Pompeii actioner latest flick to rake over the ancient ashes

Rebirth of Vesuvius. It's the volcanic mount that keeps on erupting, as Resident Evil director offers up his sword-and-sandal take

IN FOCUS
Richard Crouse
scene@metronews.ca

Paul W.S. Anderson's Pompeii burns with love as a slave-turned-gladiator tries to save his girl from eternal preservation. CONTRIBUTED

It's said the people of Pompeii regarded the eruption of Mt. Vesuvius in 79 A.D. with "a response more of curiosity than of alarm." The volcano had burped and belched as many as 50 times over the years, so most of the city's 20,000 citizens didn't pay attention when Vesuvius started to gurgle.

Perhaps they were too busy visiting one of the city's many brothels — like a proto-Las Vegas, this was the richest city of ancient times, ripe with amenities and vice — or enjoying their lunches of broad beans, olives, dormice (plumped up by chefs in terracotta jars) or even garum, made from the first blood of a still-gasping mackerel, to detect the cloud of deadly volcanic ash headed their way.

By the end of the day the dust "poured across the land," claiming 2,000 lives. Buried beneath, "a darkness… like the black of closed and unlighted rooms." The remains of Pompeii and its people were preserved, left untouched for two millennia.

Today the ancient city of Pompeii is one of the most popular attractions in Italy, drawing almost three million tourists annually. But if you can't make it to the Italian region of Campania, a new movie aims to recreate the experience for you.

Pompeii stars Kit Harington, Carrie-Anne Moss, Emily Browning and Kiefer Sutherland in a love story about a slave-turned-gladiator (Harington) who must rescue his beloved, Cassia (Browning), before a rolling mountain of lava and ash dooms her to the ages.

The big action adventure take on the story directed by Resident Evil helmer Paul W.S. Anderson has an ancestor in The Last Days of Pompeii, a 1913 silent sword-and-sandal movie based on the Sir Edward Bulwer-Lytton novel of the same name. That book has been remade eight times.

The most famous version came in 1959. The big budget CinemaScope production was to have been directed by Mario Bonnard, but when he fell ill on the first day of shooting, screenwriter Sergio Leone (who would go on to make classics like The Good, the Bad and the Ugly) stepped in. It's big on pageantry, just as the advertising taglines would suggest. It's a "Fiery Summit of Spectacle," the posters screamed, promising an inside look at, "the City that Lived in Sin and Died in Flame!"

Certainly it's more puffed-up than Up Pompeii, a 1971 Frankie Howerd comedy that featured a speech by emperor Ludicrus Sextus during Vesuvius' eruption.

"I say, Lurcio, how did my speech go?" he asks his servant as the city crumbles.

"Master, you brought the house down!"

Sending up the doom and gloom

"I say, Lurcio, how did my speech go?"

"Master, you brought the house down!"

Conversation between emperor and servant in the 1971 comedy Up Pompeii.

Melissa Joan Hart ALL PHOTOS GETTY IMAGES

Sabrina the Teenage Witch star says she was wild at Hart, just never got caught

When she was a teen star, Melissa Joan Hart enjoyed a fairly squeaky-clean image, but now she admits it was just easier to hide things back then. "It wasn't that I wasn't a bad girl or that I was too much of a good girl, it was that I never got caught," the former Sabrina, the Teenage Witch star explains to Giuliana Rancic in an interview. For example? The night before her first photo shoot for Maxim magazine, Hart let her hair down in a big way. "You're in underwear, so I was feeling a little shy. I actually ended up rolling with some friends, doing ecstasy and going in a limo to my first Playboy Mansion party," she says. And she also admits that she found then-17-year-old co-star Ryan Reynolds a bit too hard to resist when they filmed the Sabrina, the Teenage Witch TV movie — especially after Reynolds gave her a Bulova watch as a wrap gift. "I chased him down, got in front of his car and just kissed him and then made out with him all night. Then I had to call my boyfriend the next day and explain it," she says.

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(Name of applicant: individual/corporation, etc)

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(Name of establishment) *(civic address ie. street/town)*

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(Describe accurately the location of the premises including lot, block and plan number and civic/street address)

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156 4th Street, Town of Pilot Butte, SK

Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

Every person filing a written objection with SLGA shall state their name, address and telephone number in printed form, as well as the grounds for the objection(s). Petitions must name a contact person, state grounds and be legible. Each signatory to the petition and the contact person must provide an address and telephone number. Frivolous, vexatious or competition-based objections within the beverage alcohol industry may not be considered, and may be rejected by the Saskatchewan Liquor and Gaming Licensing Commission, who may refuse to hold a hearing.

Write to:

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Regina Sk S4P 3M3

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Look what the Cat dragged in: Ariana Grande to duet with Chris Brown

MELINDA TAUB
Metro World News

Today in terrible ideas: Pop starlet Ariana Grande is apparently recording a duet with dreadful human Chris Brown. The two teased their fans on Twitter with what appear to be lyrics from an upcoming collaboration:

"i dug a single seed into the ground, I hope it grows"
— Chris Brown (@chrisbrown) Feb. 16, 2014

"in a year or two if you're around, you'll see a rose"
— Ariana Grande (@ArianaGrande) Feb. 16, 2014

After a fan inquired, Ariana confirmed that it's an upcoming song.

Why anyone would think this could be good for Ariana's career is beyond me. The star of Nickelodeon's Sam & Cat, who has such a squeaky clean image that she regularly wears a bow in her hair without a whiff of irony, should not be anywhere near Rihanna-battering human rage ball Chris Brown. Both for career reasons and for her personal safety.

On the bright side, judging by those lyrics, the song will be very bad, so at least I won't have to feel guilty about wanting to download it.

Jennifer Aniston

Aniston says domo arigato but no arigato to Japan

Japanese fans of Jennifer Aniston are just going to make do with viewing their idol from afar, at least until the country does something about its dolphin-hunting practises, according to Radar Online. "Jen travels the world to promote her films, but there's a strong exception — and that's going to Japan," a source close to the actress says. "She doesn't allow herself to be contractually required to travel to Japan because of that country's policies toward fishing and specifically the treatment of dolphins. She has vowed not to go to Japan until the country's policies change."

Madonna

Belgium waffles no more — thaws Madonna's Frozen

Good news, Belgium! You can finally listen to Madonna's 1998 single Frozen again. The track was banned from being purchased or played in Belgium in November 2005 after Madonna lost a copyright infringement lawsuit brought by Belgian songwriter Acquaviva, who claimed the track used the intro to his 1979 song Ma Vie Fout L'camp without permission, according to the Bulletin. But a second lawsuit brought by composer Edouard Scotto Di Suoccio claiming that both Madonna and Acquaviva had actually ripped off his song Bloodnight prompted authorities to re-examine the case, and they've now determined that no sufficient plagiarism took place in either instance.

Twitter

@ABFalecbaldwin
To think that the place I want to move to is called Jerónimos.

@mindykaling
If I was blind I could tell who the hot girls in the nail salon were by how boring their stories are

@pattonoswalt
Hey guys, 1995 called and...oh God. It's become self-aware! THE YEAR 1995 IS SELF-AWARE & SENTIENT. (gunshot)

Stay on track on your Euro trip

Quick jaunt. By taking advantage of Europe's high-speed train system, you can cram in three great cities in less than a week

KAREN KWAN
life@metronews.ca

Catch a sunset in Barcelona on your whirlwind tour. MOYAN BRENN/FLICKR

With detailed planning and travelling by high-speed train, you can fit in the top sights in Madrid, Barcelona and Paris in less than one week — leaving you with vacation days for another holiday.

Day one

Check into the 19th-century-palace-turned-boutique-hotel Único Madrid, then get your retail fix right in this upscale neighbourhood, Salamanca. At the Museo del Prado, see works from Goya, Velázquez and Rembrandt, then next door, enjoy more than 30,000 plants and flowers at Real Jardín Botanico de Madrid. For dinner, walk from Unico to Oter Epicure (order the melt-in your-mouth Iberico ham).

Day two

Spend a quiet morning at the leafy Parque del Retiro. For a tapas lunch (pimientos de padron and tortilla, anyone?), hit up Mercado de San Miguel. Take the subway to Plaza de Toros de Las Ventas for a self-guided tour of this historic bullfighting ring. Snap some requisite photos in Plaza Mayor, the square at the centre of the city, then tour Palacio Real, where the grand decor and paintings from Giordano, Tiepolo and Velázquez will make you want to live like royalty.

Get your retail fix with shopping in Madrid. MOYAN BRENN/FLICKR

Day three

With your Eurail pass — which connects trains run by national train operators in 27 European countries — go to Atocha station, and take a moment to take in its stunning tropical garden. Hop on a high-speed train (some of which can travel as fast as 355 km/hr) and arrive two and a half hours later in Barcelona. Drop your bags at the modern Hotel Indigo. Stroll pedestrian boulevard La Rambla. When peckish, stop at La Boqueria market for warm mushroom salad and pulpo gallega. Fit in one Gaudi site — Parc Güell if it's nice out or Casa Batlló if the weather is inclement.

Day four

Head to La Sagrada Família early to beat the crowds at this unfinished Gaudi masterpiece. Afterwards, take the metro to Barceloneta. Grab a seafood lunch in this fisherman's quarter, then stroll down Passeig Joan de Borbó and kick back for the rest of the day at Platja de la Barceloneta.

More info

To plan your trip or get more information on the Eurail Pass, visit eurail.com.

Day five

Board a Paris-bound high-speed train with your Eurail pass and arrive six and a half hours later. Check into the conveniently located Millenium Hotel Paris Opéra. Grab a bite at Café Diane in the pretty Tuileries Garden, then with a list of your must-see pieces of art in hand, make a quick visit to the Louvre.

Day six

A quick stop by the Eiffel Tower is a must, non? Afterwards, if it's Wednesday or Sunday, pick up delicious provisions at nearby Marché du Pont de l'Alma. From here, take a Bateau Mouche ride for a fantastic view of the city. Next, walk the crooked narrow streets in Le Marais and stumble upon historic buildings, including the beautiful Place des Vosges. At night, a drink in the buzzy Saint-Germain-des-Près neighbourhood at Les Deux Magots or Café de Flore will complete your quickie trip.

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Take a walk on the wizard side

Universal Orlando. Theme park gets set to launch attractions guaranteed to make muggles happy

DEAN LISK
dean.lisk@metronews.ca

What's old is new — or at least re-imagined — again at Universal Orlando Resort in Florida. Many of the park's attractions are getting pop-culture injections and technological facelifts to keep up with visitors' expectations to be amazed, entertained and, of course, well fed.

Central to the park's changes is the recent unveiling of Diagon Alley, the secret London side street only accessible to the wizarding world in Harry Potter. Even muggles — humans without special powers, for anyone not familiar with the world of Potter — can soon shop where Hogwarts students purchase their school supplies.

Mark Woodbury, vice-president of Universal Creative, gave the Toronto Star and Metro Canada an exclusive Canadian sneak peek behind the closely guarded security fence of the still-under-construction attraction, which opens this summer.

Created by author J.K. Rowling, Diagon Alley is a hidden road in modern London open only to wizards. The tilting buildings in the alley are the setting of some of the most exciting scenes in the Potter series.

"When people come in they are going to have a first impression of something that is totally mind-boggling," said Woodbury.

Still emerging from the sand-covered ground, punctuated by scaffolding, concrete and wiring, is a scaled-down London, complete with Kings Cross and Charing Cross railway stations, Leicester Square and Wyndham's Theatre. Park guests will walk through one of the city's brick walls and into the magical alley — the details of how are a secret.

Inside the park, visitors will eat at the Leaky Cauldron, visit Ollivanders Wand Shop or buy a novelty item at the Weasleys' Wizard Wheezes. At the far end of the alley is the goblin-operated Gringotts Wizarding Bank; a large fire-breathing dragon will be perched on the roof of the building.

It will also be home to Universal Orlando's newest ride, Harry Potter and the Escape from Gringotts. "It really brings to life the movie," Woodbury said.

Diagon Alley is the second Harry Potter-related experience at Universal's Orlando parks. In 2010, it opened The Wizarding World of Harry Potter, located in Islands of Adventure, which welcomes visitors to Hogwarts castle and the Scottish mountain village of Hogsmeade.

Park guests will soon be shuttled between the two sites onboard the Hogwarts Express. Leaving King's Cross Station, the train will travel along an elevated track through the concrete buildings and paved roads of the anything-but-Potter-like Universal backlot before arriving at the gate of Hogsmeade. Information about the length, time and cost of the trip are as safely guarded as the recipe for butterbeer, a popular drink at The Wizarding World.

Woodbury said special technology, details of which were not part of the announcement, will make passengers think they are travelling through the hedged English countryside and rugged Scottish hills when they look out the train's windows. "Physically it is in the park, but the experience is truly in another place," he said. "It is a dramatic experience."

A spell of change is also being cast at The Wizarding World. Woodbury says Zonko's Joke Shop in Hogsmeade will be incorporated into the soon-to-open Weasleys' Wizard Wheezes in Diagon, giving room for the neighbouring Honeydukes — a sweet shop — to expand.

The Potter plans are just the latest in a series of updates to Universal's two parks. When it opened in 1999, the Amazing Adventures of Spider-Man broke new ground with dark-ride tricks and motion simulation. To keep a rider's Spidey sense tingling, it underwent a hi-def redo two years ago.

Over in Springfield (state unknown) U.S.A., resort chef Steven Jayson, who helped bring butterbeer to the masses, has developed a menu of food inspired by the Simpsons TV series. Park visitors can saddle up next to Barney at Moe's Tavern for a Flaming Moe or Duff beer or enjoy a burger at Krusty Burger. Chicken and waffles are a popular choice at Cleatus' Chicken Shack, while Lard Lad Donuts offers pie-sized doughnuts topped in pink icing.

Online

For more information, visit universalorlando.com.

Visit **telus.com/travel** for more details.

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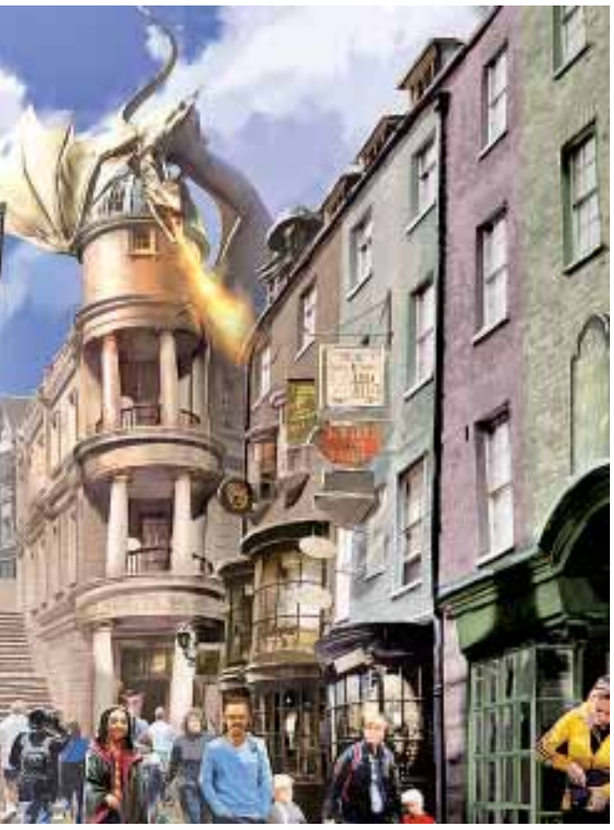

A Cabana to call home. New resort a nostalgic riff on the family road trip

Fun for the whole family awaits at the Cabana Bay Beach Resort. CONTRIBUTED

Universal Orlando is recreating the classic family road trip with its newest hotel complex, the Cabana Bay Beach Resort. Located steps from the park, the design was inspired by mid-century hotels such as those in the Wildwood, N.J., historic resort district.

The property

The north end of the property is slated to open March 31, and features 600 rooms that are spread over three open-corridor buildings, each named after an iconic hotel: the Starlight, Castaway and Thunderbird.

The pool area

The three buildings surround a 10,000-square-foot pool, with a dive tower-inspired fountain, 17 cabanas and the Atomic Tonic pool bar. The south end of the hotel will feature 1,200 rooms in two seven-story towers with a similar-sized pool area between them

Entertainment

A ramp leads from the pool areas of both wings into the upper floor of the main building — avoiding the lobby altogether — where guests will find a fitness centre, games room, bowling alley and cafeteria-style eating at Bayliner Diner.

Family friendly

The rooms are designed with families in mind. A sliding wall separates the two-bed sleeping area from a small sitting area, complete with a queen size pullout. The bathroom is separated into a toilet, shower and sink area, so multiple family members can get ready at once. The suites also come with a small kitchenette with microwave and fridge.

Cabana Bay Beach Resort will open this summer. A standard room will rent for roughly $119 US a night, and the suites for $174 US.

METRO

Bucket List

The Mangroves at San Blas, Mexico

Once a prominent Pacific port, this small fishing town of 10,000 between Mazatlan and Puerto Vallarta is home to 30 km of beaches, winding estuaries, mangrove swamps and one of the most important natural bird shelters in the Western Hemisphere. In La Tovara National Park, you can find more than 300 different species of birds — pelicans, terns, egrets, blue heron, the works — not to mention ocelots and quite a few crocodiles. A boat tour through the watery maze of vegetation and wildlife will remind you of every prison escape movie ever made. San Blas is also home to the Riviera Nayarit region's unsung hero of Mexican cuisine, chef Betty Vázquez from El Delfin Restaurant.

DOUG WALLACE/METRO

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A Cabana to call home. New resort a nostalgic riff on the family road trip

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DOUG WALLACE/METRO

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Slow-Cooked Lasagna. Prep this before you leave for work and come home to a delicious meal that just needs a salad

DINNER EXPRESS
Emily Richards
food@metronews.ca

Let your slow cooker do the work and come home to this easy, heartwarming Simple Slow-Cooked Lasagna.

Swap in other greens or cooked vegetables to change things up.

This recipe works best in an oval- or rectangle-shaped slow cooker. If you're using a round slow cooker, you may need to break up the lasagna sheets a bit more.

1. Lightly spray inside of slow cooker with cooking spray.

2. In nonstick skillet, brown beef, breaking up with spoon. Scrape out beef into a colander and let drain. Wipe out skillet and return to medium heat; cook beef, onion, garlic, oregano and hot pepper flakes 5 minutes or until softened. Add passata and water and remove from heat.

3. In a bowl, stir together ricotta cheese, spinach, basil and Parmesan cheese.

4. Spread some of the meat sauce over bottom of slow cooker. Lay lasagna noodles in a single layer, breaking as necessary to fit. Top with one quarter of the sauce and one third of the cheese mixture. Repeat layers twice ending with meat sauce on top.

This recipe makes eight servings. HEALTH CANADA

5. Cover the slow cooker and cook on Low for 6 to 8 hours or on High for 3 to 4 hours. About 15 minutes before serving lasagna, sprinkle mozzarella over top, cover and let cook on Low until melted.

CHECK OUT THE HEALTHYCANADIANS.GC.CA WEBSITE FOR MORE WINTER RECIPES, PERFECT FOR DINNER AND MORE

Ingredients

- 227 g (8 oz) extra lean ground beef
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 10 ml (2 tsp) dried oregano
- 1 ml (1/4 tsp) hot pepper flakes
- 1 jar (700 ml) tomato passata
- 250 ml (1 cup) water
- 1 tub (475 g) 1 % cottage or light ricotta cheese
- 1 pkg (142 g/5 oz) baby spinach, chopped
- 60 ml (1/4 cup) chopped fresh basil or parsley
- 30 ml (2 tbsp) grated Parmesan cheese
- 10 whole wheat or regular lasagna noodles
- 125 ml (1/2 cup) shredded part skim mozzarella

Mellow garlic's intensity

The goal was simple: create the most intense garlic pasta.

But there was a caveat. There is no joy in a dish that reeks of too much garlic, or that is so potent it is inedible. You want a garlic pasta that is deeply savoury, delicious and dripped with garlic flavour in every bite, but pleasantly so and without leaving you feeling overwhelmed.

The solution? A simple sauce made from garlic that is poached and pureed. The poaching mellows the garlic's intensity, but not its flavour.

Combine the puree with grated Parmesan cheese and a splash of the pasta cooking water and you have a pasta dish that is over-the-top delicious and outrageously garlicky.

This Fettuccine with Garlic-Parmesan Puree calls for 2 cups of garlic cloves. And yet it calls for very little else. You will be amazed at the depth of flavour you get from so few ingredients.

Fettuccine with Garlic-Parmesan Puree serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

1. In a medium saucepan over medium-high heat, combine the garlic and broth. Bring to a boil and cook for 12 minutes, or until the broth is reduced by half and the garlic is very tender. Transfer the garlic and broth to a blender and puree until smooth. Set aside.

2. Bring pot of salted water to a boil. Add pasta and cook until al dente, 8 to 10 minutes. Reserve 1/4 cup of the pasta cooking water, then drain the pasta and transfer to a large bowl.

3. Pour garlic puree over pasta. Using tongs, toss the pasta with the sauce, sprinkling in the cheese as you do it. When the cheese is nearly melted, drizzle in enough of the reserved pasta cooking water to form a smooth sauce. Season with salt and pepper, then serve topped with additional Parmesan.

THE ASSOCIATED PRESS

Ingredients

- 2 cups garlic cloves, peeled
- 2 cups chicken broth
- 12 oz fettuccine pasta
- 2 cups grated Parmesan cheese, plus extra to serve
- Salt and ground black pepper

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Finding a job is a lot like finding a romantic partner. It's often challenging to find someone you'll be happy with, much like it's challenging to find a satisfying job. Conveniently, the same methods can be effective in helping you achieve both. Here's a list of five steps to help you find true love — in a partner or a job.

There is no such thing as perfection — in a job or a mate. If you continue to seek it, you will never be satisfied.
ISTOCK

Turn to your friends and family

"I know a guy/girl who would be great for you. What do you say, will you let me set you two up? Come on, you know you want to."

Sometimes, your friends and family know you even better than your know yourself. It may be a good idea to seriously consider their suggestions.

They may know someone who would really jive with your sense of humour. Or they may have insight into a job that would really highlight your skills, even if you yourself are not aware that you possess those skills.

Before your friends can let you know about a job or dating opportunity, they need to know that you're looking, so be sure to let your social network know that you're on the lookout for a new job.

Know the difference between love and lust

Lust is finding a prospective date on a website, and falling for their pictures without much regard for their profile. Lust is also being attracted to a job posting with a fancy title, without giving much consideration to the job description.

Looks aren't everything. If you stick to the surface, don't be surprised if it turns out that the date or job wasn't the greatest match for you.

Do you share any common interests with your date? Are you excited about a company's culture and values? These are the factors that count. Dig deep to find out if you're compatible.

Perfection isn't all it's cracked up to be

"I'm really picky."

Everyone has deal-breakers, traits or factors that they simply can not be happy with. You shouldn't settle, but if you're too picky, you might end up passing up great opportunities. Flexibility is an important part of all healthy relationships and job searches. If you think you've found perfection, you're in for a rude awakening someday.

Make a list of your deal-breakers, and give careful thought as to why they are on that list. Though your list will be highly individual, it's a good idea to share it with a trusted friend. Discussing and reflecting might lead you to realize that some things are not as important to you as you initially thought.

Don't put all your eggs in one basket; diversify your search

You're never going to find your soulmate if you keep looking in the same bar week after week.

You might find him or her there, but you increase your chances of finding a better match sooner if you look in several different places. There are many ways to find your soulmate: through a friend, at an event, on a dating website, or through social media are among the most popular. Likewise, friends, networking events, career websites such as TalentEgg.ca and social media conversations are all effective ways of securing a job you'll love.

When you're conducting searches, be both broad and specific. Consider becoming active on mainstream dating websites as well as sites for groups that you consider yourself a part of. Look for jobs on general job search websites and those targeted to your desired career. Of course, don't forget to frequently check TalentEgg.ca for student and recent grad opportunities.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Let love grow

What if you've found a partner or job, but you're not sure that they're the "one" for you?

- Sometimes, "like" can grow into "love." Take your time before concluding that a romantic partner or job isn't right for you. Before throwing in the towel, communicate with your partner or employer — express what you need from them to feel more fulfilled. Do you need more support? More challenges? They just might listen to you and work with your needs. Now that's a sure sign of a relationship worth saving.
- Finding a job you love, like finding a partner, involves effort and planning. Enlist your friends, dig deep to discover true compatibility, be flexible, leave no stone unturned and put in an effort to turn "like" into "love."

Da India Curry House

JOIN OUR TEAM!

DA INDIA CURRY & SWEETS REST INC.
o/a Da India Vegetarian (227 Victoria Ave. Regina S4N 0P4) AND
o/a Da India Curry House (806 Victoria Ave. Regina S4N 0R6)

Are now hiring 2 full time permanent servers;
1 permanent full time Restaurant Manager,
2 full time permanent cooks (Indian food) and
1 full time permanent Cook (Indian sweet maker).
*For each location.

SERVERS
- No experience required, training provided
  Duties Include:
  Greet Customers, present menus, serve food and beverages, clean tables, receive payments etc.
- Salary $10.50/hr; 40 hours a week
- Benefits provided, 15 days paid vacation & 7 days sick leave
- Fluent English is required with high school diploma

INDIAN COOK
- Must have 3 years experience making Indian food dishes like butter chicken, tandoori chicken, cheese tikka, veggie curries, naan, rice, biryani, etc.
- Salary $14.50/hr; 40 hours a week
- Benefits provided, 15 days paid vacation & 7 days sick leave
- Basic knowledge of English is required with high school diploma
- must be willing to work shifts and on weekends

RESTAURANT MANAGER
- 2-3 years experience required in similar capacity
  Duties Include:
  Manage day to day activities, supervise and schedule staff, implement operational procedures, resolve customer complaints, hire and train staff, inventory, book parties and catering (determine type of service offered etc)
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- Benefits provided, 15 days paid vacation & 7 days sick leave
- Fluent English is required with high school diploma

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- must have 3 years experience making Indian Sweet dishes like burfi , gulab jamun, rasgulla, besan, jalebi etc.
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- Benefits provided, 15 days paid vacation & 7 days sick leave
- Basic knowledge of English is required with high school diploma
- must be willing to work shifts and on weekends

E-mail resumes to harryaneja@hotmail.com Or drop off to 806 Victoria Ave, Regina, SK, Canada S4N 0R6 306.351.4142 or 306.522.1331

Snowstorm no match for Riddle's twists

Ski halfpipe. Alberta freestyle skier conquers challenging conditions to win silver medal in Olympic debut of competition

A big blast of winter weather finally arrived at the Sochi Games on Tuesday night, dumping a large helping of thick snow just in time for the Olympic debut of the men's ski halfpipe competition.

The challenging conditions didn't faze Canada's Mike Riddle at all. The veteran freestyle skier stuck with his plan to unveil a new combination for his final run and it helped him win a silver medal.

"I managed to link together some tricks that I haven't done before," Riddle said. "I couldn't be happier with the result."

Riddle hit back-to-back double cork 1260's for the first time — three and-a-half rotations with two twists per trick — and it was enough to wow the judges at Rosa Khutor Extreme Park. The rest of his run was clean and it earned him a score of 90.60 points.

"Just to be here is unbelievable and then to get a medal — I'm speechless," he said.

American David Wise took the gold with a total of 92.00 and Kevin Rolland of France won bronze with 88.60 points. Calgary's Noah Bowman finished fifth while Justin Dorey of Vernon, B.C., missed jumps in both his final runs and ended up 12th.

Riddle won a world title in 2011 and took the overall World Cup crown last season.

"I did have more in the arsenal that I wanted to bring out but conditions made it kind of impossible to maintain speed," he said.

Riddle had reached the top 10 in his last 12 competitions entering the Games. He was sixth after a mediocre first run.

"You had to land really high on the transitions to be able to maintain speed for your next trick in order to link together your run," he said. "So if you weren't perfect, you were done, basically. Every trick had to be pretty much perfect."

THE CANADIAN PRESS

Remembering Sarah Burke

Ski halfpipe was making its Olympic debut thanks in part to the efforts of Canada's Sarah Burke, who died in a training accident in 2012.

- "This Olympics for me is definitely bittersweet," Mike Riddle said. "It's awesome to be here but I know that she should be here too. She's been on my mind a lot this week."

Mike Riddle of Canada performs a trick in the men's ski halfpipe competition on Tuesday in Sochi, Russia. MIKE EHRMANN/GETTY IMAGES

Canadians find silver lining on short track

Canada's Marie-Ève Drolet, left, Valérie Maltais and Marianne St-Gelais react upon learning they won the silver medal in the women's 3,000-metre relay on Tuesday in Sochi. PAUL CHIASSON/THE CANADIAN PRESS

It was a bittersweet day for Canada's Olympic short-track speedskating team.

Gold-medal hopeful Charles Hamelin crashed out of the 500-metre heats on Tuesday, but within the hour Canada's women's 3,000-metre relay team won a silver medal.

"We feel great. We are really happy to have got the silver medal," said speedskater Jessica Hewitt. "I have never been on an (Olympic) podium before and we have worked very hard for this."

South Korea won gold in the women's relay with a time of four minutes 9.498 seconds, followed closely by China. However, the Chinese were disqualified because their skaters did not immediately leave the track after passing off to their teammates.

That bumped the Canadian team of Marie-Ève Drolet, Hewitt, Valérie Maltais and Marianne St-Gelais up from third place. Canada's final time was 4:10.641.

"We tried a different strategy here; making the exchange on different corners, so it got a little messy at times but we did well and then it just so happened that China were disqualified so we got the silver," said Hewitt. "We tried to put our best foot forward and to be there at the end of the race."

THE CANADIAN PRESS

Russia 4, Norway 0. Relief in Sochi as hosts advance

When Alexander Radulov pumped both fists and let loose a jubilant scream, an entire hockey nation also exhaled for a day.

Although the Russians are labouring through their home Olympics, a few timely goals and two brilliant goalies are keeping them alive.

Radulov had two goals and an assist, and Russia survived its first elimination game with a 4-0 win Tuesday over Norway.

Alexander Radulov
GETTY IMAGES

Sergei Bobrovsky made 22 saves in the second straight shutout for the fifth-seeded Russians, who earned a date with Finland in the quarter-finals Wednesday.
THE ASSOCIATED PRESS

Czech Rep. 5, Slovakia 3

Cervenka seals victory in 2nd

Roman Cervenka scored for a second time late in the second period to give the Czech Republic a four-goal lead, and it went on to beat Slovakia 5-3 on Tuesday and advance to an Olympic quarter-final match against the United States.
THE ASSOCIATED PRESS

Slovenia 4, Austria 0

Sweden set to test feel-good story

Slovenia added another chapter to its feel-good story.

The Slovenes beat Austria 4-0 on Tuesday in the men's hockey Olympic qualification round and play top-seeded Sweden on Wednesday in the first of four quarter-final games. THE ASSOCIATED PRESS

Latvia 3, Swiss 1. Canada awaits upset winners

Latvia's reward for its first Olympic win in 12 years is a quarter-final date with defending champion Canada.

That sobering realization couldn't dampen the thrill for coach Ted Nolan and his underdog players.

Oskars Bartulis and Lauris Darzins scored in the first period, and Latvia reached the Olympic men's hockey quarter-finals for the first time with a 3-1 win over Switzerland Tuesday night.
THE ASSOCIATED PRESS

'We just need one more than the other team'

Style points don't count. Team Canada still adjusting to big ice, but winning remains bottom line

Sidney Crosby talks with Canada's starting goalie, Carey Price, during practice on Tuesday in Sochi. Asked about Olympic pressure Tuesday, Price replied: "I live inside a bubble anyway. I don't get into too much about what anybody has to say, really."
NATHAN DENETTE/THE CANADIAN PRESS

No matter which forwards Team Canada dresses for its quarter-final, they've combined to score well over 300 goals in the NHL this season.

No team in Sochi features that kind of depth, and yet one concern going into Wednesday's game against Latvia is a lack of offence up front. As this becomes a single-elimination tournament, Canada doesn't need 300 goals.

"We just need one more than the other team," Babcock said.

Getting that one big, important goal could make or break Canada moving forward. As the game against Finland showed, offence can be tough to come by on the international ice, especially against well-structured European opponents.

Finding a way to get to the middle of the ice and closer to the net was a major emphasis in practice Tuesday and could be the difference between reaching the semifinals and going home early.

"You watch our games and we've been on the outside a lot," said winger Corey Perry, who will have a new linemate in Jamie Benn between him and Ryan Getzlaf. "To get shots to the net, to get second opportunities, that's what the three of us are going to do."

For all the talk about the big ice in advance of Sochi, it has made a difference — but not the way some figured.

Just because there's more space doesn't necessarily mean there's more room to get creative offensively.

The Canadians scored six goals against Austria after scoring three in the opener against Norway, but it was against Finland where they learned a lesson. Holding onto the puck in the offensive zone paved the way for plenty of shots, but it was like a basketball team trying to shoot just from the outside. With a rink that's 15 feet wider, it's much more difficult to get quality scoring chances.

"You're a long ways from the net when you're hanging out on the wall," said Jeff Carter, who leads all Canadian forwards with three goals. "We talked about that and maybe trying to shrink the ice a little bit and getting to the (faceoff)-dot lines and just kind of make it feel more like an NHL-size rink." THE ASSOCIATED PRESS

Not so beautiful game on ice

"I almost like to say it's comparable to soccer, almost, because the game feels very neutral."

Centre Jonathan Toews, on the international-sized ice in Sochi.

Defending champs sit behind U.S.

Women's bobsled.
Canadians 0.23 seconds back, but they aren't stressing the numbers

Kaillie Humphries and Heather Moyse don't know how much work they still have to do if they want to defend their Olympic title.

It's just the way they like it.

Calgary's Humphries and Moyse, from Summerside, P.E.I., sit 0.23 seconds behind leaders Elana Meyers and Lauryn Williams of the United States after a pair of runs Tuesday.

"We don't really look at times so I don't even know how big the gap is. And we don't want to know," said Humphries.

The gap isn't insurmountable, but the pair will need Meyers and Williams to slow down during Wednesday's final two runs after the Americans set a start and track record of 57.26 seconds in their first heat.

Meyers and Williams finished with a combined time of 1:54.89, just better than the 1:55.12 mark set by Humphries and Moyse.

Humphries wasn't going to be bothered by what she didn't know.

"We just try to have fun. Knowing where other people are just complicates that," she said.

Another American sled was third, with Jamie Greubel and Aja Evans 0.56 seconds behind their teammates.

Edmonton's Jenny Ciochetti and Chelsea Valois of Zenon Park, Sask., were 13th.

Humphries and Moyse, who took gold at the 2010 Vancouver Games, were favourites to repeat after winning three World Cup events this season and edging Meyers for the overall championship by one point.

But the stakes are much higher in Sochi, and although the two are close friends after training and rooming together last summer, Meyers and Humphries are going hard for gold.

Kaillie Humphries and Heather Moyse take a turn during a training session on Sunday in Krasnaya Polyana, Russia. MICHAEL SOHN/THE ASSOCIATED PRESS

That Meyers and Williams are in the lead is a surprise given their shaky start to the event. The pair crashed during their initial training run and the following day they damaged their sled after hitting a wall near the finish.

That's all behind them now.

"It feels pretty good but we've got a lot of work to do," said Meyers, who won bronze in Vancouver pushing for Erin Pac. "Kaillie's a great driver. Jamie's driving great as well. It's not over."

THE CANADIAN PRESS

The leaders

"It feels pretty good but we've got a lot of work to do.... Kaillie's a great driver. Jamie (Greubel)'s driving great as well. It's not over."

U.S. bobsledder Elana Meyers, who won bronze in Vancouver pushing for Erin Pac, on competing against the Canadians.

Hamelin after fall: 'This sport can be ... very cruel'

Charles Hamelin crashes out in a men's 500m short track speedskating heat at the Iceberg Skating Palace on Tuesday in Sochi. DAVID J. PHILLIP/THE ASSOCIATED PRESS

It is as if his brother Fraçois's fall during the men's relay derailed Charles (the Locomotive) Hamelin.

After starting the 2014 Winter Games with a gold medal in the 1,500 metre race, Canada's top short-track speedskater inexplicably went into neutral.

There was talk of Hamelin taking medals in all four men's events, but that ended when his younger brother François stepped on a marker disc and fell, ending Canada's hopes of defending the relay gold they won in 2010 in Vancouver.

The bottle they symbolically threw into the Black Sea containing their bad luck and frustration didn't change anything.

In two events since then, Charles Hamelin has fallen — in the 1,000 metre quarterfinals on Saturday and again Tuesday in his 500 metre heat — keeping him from even making the finals.

"Crazy bad luck," was how the Ste-Julie, Que. skater described the falls. "I have no explanation, no excuses."

It will be up to his teammates Charle Cournoyer of Boucherville, Que., and Olivier Jean of Lachenaie, Que., who each won a 500 metre heat, to try for a medal on the final day of short track on Friday.

The latest setback left Hamelin very angry. He went off by himself for a while before returning to talk to the media.

"I was coming out of the dressing room when he came in and all I heard was crash, bang," said Hamelin's girlfriend, Marianne St-Gelais, a silver medallist on the women's relay team. "I'm glad I wasn't in there."

"I wanted to wreck everything in my path," said Hamelin. "I was really frustrated.

"This sport can be either great or very cruel," he said. "It's not the end of the world. I won gold in the 1,500 and that's a first for our team in that event."

THE CANADIAN PRESS

Frustration

"I sat down, got out of my suit and I cried. I couldn't stop asking, 'Why?'"

Charles (the Locomotive) Hamelin after falling during his 500 metre heat and missing the finals

Competitive imbalance

Women's hockey here to stay: IIHF

Amid concerns about competitive imbalance between Canada and the United States and the rest of the countries involved, International Ice Hockey Federation president René Fasel on Tuesday guaranteed women's hockey would not be taken out of the Olympics.

After NHL commissioner Gary Bettman said he would be "distressed" to see that happen, Fasel spoke up to reassure him.

"That will never happen," Fasel said. "I can guarantee that will never happen."

Bettman responded with: "Perfect, that's what I was hoping you would say."

THE CANADIAN PRESS

Speedskating

Shocker leads to Dutch's 4th sweep

Jorrit Bergsma set an Olympic record and led another Dutch speedskating sweep Tuesday, winning the 10,000 metres with an upset of countryman and favourite Sven Kramer, who settled for silver.

THE ASSOCIATED PRESS

Biathlon

Svendsen wins gold for Norway

Norway's Emil Hegle Svendsen edged French rival Martin Fourcade by the length of a ski tip Tuesday to win the last individual biathlon gold of the Sochi Olympics, the men's 15-kilometre mass start race.

THE ASSOCIATED PRESS

Norway's Emil Hegle Svendsen leads France's Martin Fourcade during the men's biathlon 15k mass-start. FELIPE DANA/THE ASSOCIATED PRESS

Canadian duo grew weary of coach's split allegiances

Tessa Virtue and Scott Moir of Canada sit with their coach Marina Zoueva as they wait for their results in the ice dance free dance on Monday in Sochi. Zoueva also coaches Meryl Davis and Charlie White, who beat Virtue and Moir for the ice dance gold. VADIM GHIRDA/THE ASSOCIATED PRESS

Figure skating. Moir says he wanted more support from Zoueva, but concedes she wasn't 'in an easy position'

Marina Zoueva didn't accompany Tessa Virtue and Scott Moir to the Canadian championships this season, attending the U.S. nationals held over the same week instead.

The coach didn't march with Canada in the opening ceremonies of the Sochi Olympics, marching with the U.S. team instead.

A day after the Canadian ice dancers won Olympic silver behind Meryl Davis and Charlie White, Virtue and Moir lamented Zoueva's split allegiances, admitting to times during this season when they wondered if staying in Canton, Mich., was even a good idea.

"There were moments for sure," Moir said. "We needed to take a step back and re-evaluate if our situation was ideal and if it was going to be the training atmosphere that got us on top of the podium.

"We were both pretty blunt with her in the fall and even leading up to the Olympics that we weren't happy and we felt that sometimes she wasn't in our corner.... She's not in an easy position."

Virtue and Moir praised Zoueva for how she handled the delicate situation. The coach listened, they said, and reshaped parts of their program.

Americans take over

Virtue and Moir edged the Americans for gold in Vancouver and then went on to win the 2010 and 2012 world championships. But results started tipping in Davis and White's favour this season with judges seemingly preferring the Americans' style.

- "I guess styles or preferences ... I'd be lying if I sat up here and said I didn't feel that in December and in the fall," Moir said.

"I'm fine. It's OK. I made them first and now they are second. It's OK, really," said Zoueva when asked about Virtue and Moir's comments.

THE CANADIAN PRESS

CFL

Redblacks bolster receiving corps

The Ottawa Redblacks have added veteran receivers Aaron Hargreaves and Kierrie Johnson to their roster.

Hargreaves began his career in 2008 with the Winnipeg Blue Bombers and has played with the Edmonton Eskimos and last season with the Saskatchewan Roughriders.

Johnson, an import, began his CFL career in 2011 with the B.C. Lions before also joining Saskatchewan prior to last season.

THE CANADIAN PRESS

CFL

Edwards retires from Blue Bombers

He wasn't pushed by the Winnipeg Blue Bombers and thinks he could still play but, at nearly 35 years of age, veteran CFL all-star receiver Terrence Edwards says his body has been giving him messages that the time is right to retire.

"My body has been starting to tell me that my career has been coming to an end," Edwards said Tuesday. THE CANADIAN PRESS

NFL. Incognito takes on softer tone in wake of bullying investigation

Dolphins offensive lineman Richie Incognito offered apologies to teammate Jonathan Martin, team owner Stephen Ross and investigator Ted Wells on Tuesday in the wake of the NFL-ordered report detailing a racially charged bullying scandal.

The report stated there was a "pattern of harassment" committed by Incognito and teammates John Jerry and Mike Pouncey that extended to two Dolphins linemen and an assistant trainer, all targets of vicious taunts and racist insults.

On his Twitter account, Incognito wrote, "I would like to send Jonathan my apologies as well. Until someone tells me different you are still my brother. No hard feelings :)"

He also apologized to Wells and Ross, saying "this (stuff) got cray, cray."

"There are no winners in the courts," he wrote. "Just families left to deal with their decisions and pick up the pieces. You can't free something."

Incognito, 30, had closed his Twitter account for two days, but returned Monday night with a noticeably different tone, apologizing for "acting like a big baby."

Richie Incognito GETTY IMAGES FILE

The six-foot-three, 319-pound lineman said he wants to play football again.

Incognito's contract with the Dolphins is about to expire, making him an unrestricted free agent who can sign with any team. Where he'll end up remains to be seen.

It's unclear if Incognito will face punishment from the NFL moving forward. League spokesman Greg Aiello told The Associated Press on Monday that the NFL will comment "at the appropriate time" on Wells' report.

THE ASSOCIATED PRESS

MEDALS

Nation	G	S	B	Tot.
Netherlands	6	6	8	20
United States of America	6	4	10	20
Russian Federation	5	8	6	19
Norway	7	4	7	18
Canada	**4**	**9**	**4**	**17**

WHAT CANADA DID

TUESDAY

ALPINE SKIING

Women's Giant Slalom - Erin Mielzynski, Guelph, Ont., finished 21st with a time of two minutes 40.69 seconds, 3.82 seconds out of first, after coming in 20th in the opening run and 18th in the final run. Marie-Michele Gagnon (Lac-Etchemin, Que.) and Marie-Pier Prefontaine (St-Sauveur, Que.) did not finish their opening run.

BIATHLON

Men's 15 km Mass Start - Brendan Green, Hay River, N.W.T., 9th, (43 minutes, 38.3 seconds, +1:09.2); Jean-Philippe Le Guellec, Shannon, Que., 10th, (43:41.6); Nathan Smith, Calgary, DNF.

BOBSLEIGH

Women's - Kaillie Humphries (Calgary) and Heather Moyse (Summerside. P.E.I.), are second overall after two runs with a time of one minute 55.12 seconds, 0.23 of a second out of first. Jennifer Ciochetti (Edmonton) and Chelsea Valois (Zenon Park, Sask.) are 13th (1:57.06). Heats 3 and 4 take place on Feb. 19.

FREESTYLE SKIING

Men's Ski Halfpipe - Mike Riddle (Sherwood Park, Alta.) won the **silver medal** with a second run score of 90.60, 1.40 points out of gold. Noah Bowman (Calgary) was fifth overall (82.60) while Justin Dorey (Vernon, B.C.), who was first in the qualifying round, fell in both final runs and ended up 12th (20.40).

SHORT TRACK

Men's 500 m - Charle Cournoyer, Boucherville, Que., (41.18) and Olivier Jean, Lachenaie, Que., (41.616) both won their heats and advanced to the quarter-finals on Friday. Defending Olympic champion Charles Hamelin, Montreal, (1:18.871) fell and finished fourth in his heat and failed to advance.

Ladies' 1000 m - Valerie Maltais, La Baie, Que., (1:28.771) and Marie-Eve Drolet, Chicoutimi, Que., (1:31.273) both advanced to the quarter-finals on Friday, finishing their heats first and second respectively. Marianne St-Gelais, St-Felicien (2:05.206) did not qualify for the quarter-final.

Ladies' 3000 m Relay - Canada moved up to the **silver medal** position after China was disqualified. Marie-Eve Drolet (Chicoutimi, Que.), Jessica Hewitt (Kamloops, B.C.), Valerie Maltais (La Baie, Que.), Marianne St-Gelais (St-Felicien, Que.) finished with a time of four minutes, 10.641 seconds, 1.143 seconds out of gold.

SNOWBOARD

Men's Snowboard Cross - Kevin Hill (Vernon. B.C.) did not finish his semifinal race and placed 8th overall. Christopher Robanske (Calgary) was disqualified in his quarter-final race and finished 17th overall. Jake Holden (Caledon, Ont.) did not advance in his qualifying heat, while Robert Fagan (Cranbrook, B.C.) was disqualified from his. Both finished tied for 25th overall.

CURLING

All Times Eastern

MEN

Country	W	L
x-Sweden	8	1
x-Canada	**7**	**2**
x-China	7	2
x-Britain	5	4
Norway	5	4
Denmark	4	5
Russia	3	6
Switzerland	3	6
United States	2	7
Germany	1	8

x — qualifies for playoffs

Tuesday's result

TIEBREAKER

Britain 6 Norway 5

Wednesday's games

SEMIFINALS

Sweden vs. Britain, 10 a.m.

Canada vs. China, 10 a.m.

WOMEN

Country	W	L
x-Canada	**9**	**0**
x-Sweden	7	2
x-Britain	5	4
x-Switzerland	5	4
Japan	4	5
China	4	5
Denmark	4	5
South Korea	3	6
Russia	3	6
United States	1	8

x — qualifies for playoffs

Monday's results

Britain 9 Russia 6

South Korea 11 United States 2

Japan 8 China 5

Switzerland 10 China 6

Denmark 8 Britain 7

Canada 9 South Korea 4

Sweden 8 Japan 4

Wednesday's games

SEMIFINALS

Canada vs. Britain, 5 a.m.

Sweden vs. Switzerland, 5 a.m.

HOCKEY

PRELIMINARY ROUND

All times Eastern

MEN

Group A

	GP	W	OTW	OTL	L	GF	GA	Pts
U.S,	3	2	0	0	0	15	4	8
Russia	3	1	0	0	0	8	5	6
Slovenia	3	1	0	0	2	6	11	3
Slovakia	3	0	0	0	2	2	11	1
Group B								
Canada	**3**	**2**	**1**	**0**	**0**	**11**	**2**	**8**
Finland	3	2	0	1	0	15	7	7
Austria	3	1	0	0	2	7	15	3
Norway	3	0	0	0	3	3	12	0
Group C								
Sweden	3	3	0	0	0	10	5	9
Switzerland	3	2	0	0	1	2	1	6
Czech Rep.	3	1	0	0	2	6	7	3
Latvia	3	0	0	0	3	5	10	0

Note: Three points awarded for a regulation win, two for an overtime/shootout win and one for an overtime/shootout loss.

Tuesday, Feb. 18

QUALIFICATION PLAYOFF ROUND

Slovenia 4 Austria 0

Russia 4 Norway 0

Czech Republic 5 Slovakia 3

Latvia 3 Switzerland 1

Wednesday's games

QUARTERFINALS

Slovenia at Sweden, 3 a.m.

Russia at Finland, 7:30 a.m.

Latvia at **Canada**, 12 p.m.

Czech Republic at United States, 12 p.m.

Friday's games

SEMIFINALS

TBAA at TBAH, 7 a.m.

TBAA at TBAH, 12 p.m.

Saturday's games

BRONZE MEDAL GAME

TBAA at TBAH, 10 a.m.

Sunday's games

GOLD MEDAL GAME

TBAA at TBAH, 7 a.m.

WOMEN

Tuesday's results

SEVENTH PLACE GAME

Germany 3 Japan 2

FIFTH PLACE GAME

Finland 4 Russia 0

Thursday's games

BRONZE MEDAL GAME

Switzerland at Sweden, 7 a.m.

GOLD MEDAL GAME

Canada at United States, 12 p.m.

Latest design has this guy on cloud nine

A side view of the slick Chrysler 200. COURTESY OF CHRYSLER

Canadian car designer Jeff Hammound and his 'baby,' the Chrysler 200. PROVIDED

Chrysler 200. Ontario native has struck gold twice in the cut-throat, highly competitive world of designing cars

AUTO PILOT
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You think the Olympics are competitive? Try designing vehicles for a living.

First you got to get a job as a designer at a major automaker. It's a tight job market. There are more professional basketball players in the NBA than there are professional cars designers in the entire world. If you're lucky and good enough to get that gig, you're still not home free.

At Chrysler there can be as many as 15-plus exterior designers working on the same project, hoping to have their work carried to the next stage, says Jeff Hammound during our interview session at the Toronto auto show. "They never say you are the next designer of the car. Everybody sketches. Everybody puts designs on the wall."

But this Chrysler designer, a native of Guelph, Ontario, struck gold twice. One of his designs became the 2011 Jeep Grand Cherokee, and just recently, his work came to life in the form of the all-new 2014 Chrysler 200.

Not only was he the lead exterior designer of the 200, but during the design process he was promoted to design manager, to oversee all the vehicle's exterior design matters right through to production. "That was unusual. It doesn't always happen that way. It gave me a lot of ownership of the design. I obviously had a lot of help from upper management … But it really feels like my baby."

You don't run into car designers on the street everyday, especially Canadian ones, so Hammound agreed to quick Q&A about his profession.…

Typical day at the office?
"If we're sketching, you sketch all day long. A lot of us like to sketch after hours … If the vehicle is "in clay" you'll spend your day on floor, tapping lines, etc. You're in rough clothes because you get covered in clay. It's fun though. Then you're working with engineers and going to a lot of meetings."

Hardest part of the job?
"The time you spend trying to hold your design. That's the hardest part. That it stays true to its original design, through cost constraints, manufacturing constraints, engineering constraints. You really have to learn to balance your emotions. You need to learn to take criticism and not take it so personally, but you don't want to take the personal element out of it either, because it's the passion that makes a design successful."

Best advice to a car designer wanna-be?
"Definitely look at going to one of the more prestigious (design) schools, because you'll get exposure to the auto industry. The car companies come in and say, we like you, you and you. (Hammound went to Detroit's College for Creative Studies). Besides that, you really have to be passionate. It's very competitive and you'll be putting in long hours."

Dream assignment?
"As most designers would say — a super car. Few restrictions and more about what can you do to make it as ostentatious as possible. The proportions are also wide and long — makes for a really nice canvas."

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of $16,415 (includes $1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and $1,520 freight/PDI) leased at 2.9% over 60 months with $0 down payment equals 120 semi-monthly payments of $89 with a cost of borrowing of $1,735.85 and a total obligation of $12,369.05. $0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at $0.05/km at time of lease inception, and a charge of $0.07/km for excess kilometres. Dealer may lease for less. †Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments.

Heavy-duty trucks built to be invincible

Driving Force. GM, Ford and Chrysler are sole trio to sell half-ton-plus beasts and their capabilities don't go unnoticed

JIL MCINTOSH
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If you have a big job to do, chances are you'll need a big truck. Heavy-duty pickup trucks usually look similar to their lighter-duty siblings, but they're built to handle more stress.

"The difference is in their capability," says Jeff Luke, executive chief engineer for General Motors' full- and mid-size trucks. "Everything is upsized and stronger."

Pickup trucks are designated by their payload capacity, which is the combined weight of passengers and cargo they can carry, measured in tons. A light-duty truck, which is badged as a 1500 or 150 depending on the manufacturer, is popularly called a half-ton.

Heavy-duty trucks are rated in three-quarter-ton (badged as 2500 or 250), and in one-ton (3500 or 350).

To note

- **Titanic trio.** Currently, only GM, Ford and Chrysler make heavy-duty trucks. The largest Japanese pickup truck available is a half-ton.
- **Be prepared.** Any vehicle that regularly tows a trailer should be equipped with a transmission fluid cooler to avoid premature wear or damage.
- **Ratings.** Trucks are rated on how much they can carry, and how much they can tow with a trailer hitch and with a fifth-wheel hitch, which attaches in the bed.

These "ton" names are actually out of date, and modern trucks can handle much more—GM's new one-ton can carry more than three times that much. They were introduced back when trucks had far less capacity, and a half-ton could only carry 1,000 lbs., but the names have stuck. Buyers should look at the actual specifications for each truck to determine what they need.

Building a heavy-duty truck starts with the frame. While it's basically the same overall dimension as on a half-ton truck, the sections are thicker to handle heavier loads. The axles are larger, the shocks are stronger, and the tires are built to take more weight. Some trucks have dual rear wheels, which spreads the load across four tires and allows for even more capacity.

Heavy-duty trucks will offer diesel engines, which provide the highest amount of torque—the low-end pulling power needed to move heavy loads or big trailers. The transmission and rear end have to be strong enough to handle the engine's power as well.

When the engine is working hard, keeping it cool is an issue. "The radiator will be larger and heavier, and there will be more coolant," Luke says. "These engines may have more oil in them, and there will be coolers for the oil and transmission fluid."

There are larger openings in the bumper area so air can easily flow over the oil and transmission coolers, which look like miniature radiators. If these fluids aren't kept cool, it can lead to premature wear or even component failure in the engine or transmission.

The down side is that because these trucks are heavier than a half-ton truck, they also get poorer fuel economy. "That's just physics, so we try to offset it with aerodynamics," Luke says. "On this new truck, the air deflector shape is taken from the Corvette so that air travels around it. Every little bit helps."

This GMC can carry more, the axels are larger and the shocks are stronger.

However, the down side is they weigh over a half ton and fuel economy isn't great. But this is the price people pay and accept with heavy-duty trucks. BOTH PROVIDED

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The Offer applies to the first four bi-weekly payments for customers paying on a bi-weekly basis and the sum of 12 monthly payments divided by 26 and multiplied by 4 for customers paying on a monthly basis ("First 4 Bi-Weekly Payments"). Maximum amounts are $500 on 2013/2014 Focus S and Fiesta S; $750 on 2013/2014 Focus (excluding S), Fiesta (excluding S) and 2014 C-MAX; $1,000 on 2013/2014 Fusion], 2014 [Mustang (excluding Shelby GT500), Escape]; $1,250 on 2013/2014 [Taurus, Edge], 2014 [F-150 Regular Cab, Super Cab, and Super Crew]; $1,500 on 2013/2014 [Flex], 2014 [Explorer], $1,750 on 2014 [Expedition], All Mustang Shelby GT500, Transit Connect E-Series, F-150 Raptor, Super Duty, Medium Truck, Chassis, Stripped Cab and cutaway models excluded. Offer only available on approved credit (O.A.C.) from Ford Credit. If the equivalent of the First 4 Bi-Weekly Payments exceeds the maximum amount, the customer will be responsible for the balance. First 4 Bi-Weekly (or monthly payment equivalent, as applicable) payments are required from customer. Finance customers will receive a cheque for the amount of their First 4 Bi-Weekly Payments from the dealer. For BCI customers, the first month's payment will be waived and they will receive a cheque for the amount of two bi-weekly payments according to the formula described above - customer will then be responsible for making all of his/her remaining scheduled payments in accordance with their contract. Offer not available to cash purchase customers. Not combinable with CFIP, EPA, GPC, Commercial Upfit Incentive Program or Daily Rental Allowances incentives. † Until January 31, 2014, receive $500/ $1,000/ $1,500/ $2,000 / $2,250/ $2,500/ $3,000/ $3,250/ $4,000/ $4,500/ $5,500/ $5,750/ $6,500/ $6,750/ $8,500/ $9,000/ $10,000/ $10,500 in Manufacturer Rebates with the purchase or lease of a new 2014 [Escape (excluding Z DL)] / 2013 [Focus (excluding BEV), Fiesta], 2014 [Focus BEV, Escape Z DL, C-Series] / 2013 [Escape S, C-Series], 2014 [Mustang V6 Coupe, Taurus (excluding SE)] / 2013 [Edge AWD (excluding SE), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-550 Chassis Cabs], 2014 [Edge, Transit Connect (excluding Electric), F-150 Regular Cab XL 4x2 Value Leader, F-150 to F-550 Chassis Cabs] / 2013 [Taurus SE)] / 2013 [Mustang V6 Coupe] / 2013 [Edge FWD (excluding SE), Explorer Base], 2014 [Mustang V6 Premium] / 2013 [E-4WAV] / 2013 [Taurus (excluding SE), Escape 1.6L, Transit Connect (excluding Electric)], 2014 [Mustang GT] / 2013 [Mustang V6 Premium, Escape 2.0L, Explorer (excluding Base)] / 2013 [Mustang GT] / 2014 [F-150 Regular Cab (excluding XL 4x2)] / 2013 [Expedition], 2014 [F-250 to F-450 (excluding Chassis Cabs) - Gas Engine] / 2014 [F-150 Super Cab and Super Crew]/ 2011 [F-250 to F-450 (excluding Chassis Cabs) - Gas Engine], 2014 [F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine] / 2011 [F-150 Regular Cab (excluding XL 4x2)] / 2013 [Focus BEV, F-150 Super Cab and Super Crew]/ 2013 [F-250 to F-450 (excluding Chassis Cabs) - Diesel Engine] - all Raptor, GT500, BOSS 302, and Medium Truck models excluded. ^ Until February 28, 2014 purchase a new 2013 Ford [F-150 Super Cab XLT 4x4 5.0L] / F-150 Super Crew XLT 4x4 5.0L] for [$25,999/$28,499] (after total Manufacturer Rebate of [$10,000] deducted). Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offers exclude freight and air tax ($1,750) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ^^ Estimated fuel consumption ratings for the 2013 [F-150 4X4 5.0L V8 6-Speed Auto]. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. **Offer only valid from February 1, 2014 to February 28, 2014 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before January 31, 2014 who purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, and Medium Truck) vehicle (each an "Eligible Vehicle"). 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What happens when you Love speed?

Each car is extensively fine-tuned on for driveability as well as big power numbers at LoveFab Inc and reputable tuners will of course do this. BOTH IMAGES WHEELBASE

Autoknow. When a loud muffler just won't cut it, there are people out there who have risked life and limb to feed your obsession. Get out your chequebook

JEFF MELNYCHUK
wheelbasemedia.com

In the quest for the outrageous, the unique and the blindingly fast, where a stock car just won't cut it, there is "the tuner." If you're unwilling to be outgunned — ever — chances are you'll be on the phone with someone like Cody Loveland, the owner of LoveFab, Inc., based in Traverse City, Mich.

The point is simple. Companies such as LoveFab take the guesswork out of doing modifications yourself. You pick up the phone, say what you want your ride to do, and Loveland will tell you how much it will cost to get there. Road racing, rallying, street driving, weekend drag racing. It doesn't really matter.

But how does LoveFab know what to do? Well, the company is perhaps best known for its engine programs for the Acura NSX, which was built from 1991-2005. Loveland works with other makes/brands such as Porsche, BMW and the new 2014 Corvette Stingray, but over the years, he has learned what can and can't be done to the NSX's small V6 engine. And not always by doing things the easy way.

Equipment limitations are often discovered by breaking things, or by racing ... or both. Top tuners race their own hardware to learn and Loveland seems to have a flair for the dramatic. Namely, the yearly Pikes Peak International Hill Climb in Colorado.

"Racing is the most brutal form of testing there is, especially Pikes Peak. When you're racing cars at 14,000 feet, the strain on the parts is astronomical when compared to street driving at relative sea level. When you're racing up a mountain, and you look over the edge DOWN at an airplane, it really gives you a sense of magnitude. Our parts survive up there, we've proven it, and so they survive in normal street or track driving without issue. In fact, we have a couple of NSX turbo systems with over 100,000 miles on them with zero issues since installation."

For most people, that's all the proof they would ever need to drop US $11,000 or so on a proven package, but what if your wallet is a bit thicker? Is anything possible with any car? "With a big enough cheque, yes."

A full-on 600-700-horsepower rebuild with a LoveFab turbocharger system and all the tuning to optimize the NSX can run close to US $30,000, but there is no guesswork for customers. The price, while it seems healthy, is just a small percentage of the research and development costs that it took to create the package in the first place. For buyers who love their NSX and have the cash, it seems like a no-brainer. Dan Spinelli of Albany, N.Y., shipped his red 1993 NSX to LoveFab in Michigan for a total engine overhaul and power boost.

"I have a buddy with a (Porsche) 911 who needs a little lesson. He doesn't know yet. I'm thinking 550-600 rear-wheel-horsepower. It's really a sickness and there should be a hotline for 'speedism,'" said Albany.

But what about newer cars with engines bathed in electronics? Can you just drop off your new BMW for some upgrading? Is it too complicated?

"No," says Loveland, "In most cases, the plethora of electronics and mechanical advances helps dial the car in that much further. What makes things difficult on the 'street car' side of things is all of the emissions laws . . . For instance, our NSX turbo systems have passed emissions in 49 states, and will even pass the strict sniffer tests of California. But, because there are 'visible' modifications, the cars are not street legal. This is a huge nuisance and quite a drain on our overall gross sales."

There are other issues, too, especially when the cars end up in the hands of others who are less experienced.

"Generally, we don't see an NSX back in the shop once it has left. The unfortunate but very common exception is when a long-distance customer entrusts their NSX to another tuner shop, and ends up with a blown motor. The customers are told that they can expect X amount more power, when that shop doesn't have the experience necessary to dictate what a 'safe' power level is. Half of the cars in here over the past two years were directly related to other shops."

It's a high-stakes business that likely makes anyone wonder why they're in it in the first place. "Aside from the obvious of making a living to support my family," says Loveland, "the largest driving factor is witnessing the customer's giddy-schoolgirl-scream and ear-to-ear smile that always happens during the first drive after modification.

"Our idea of a happy customer is one who can hop in their car at any time of the year, fire it up, and it starts every time. They can go to the grocery store to get milk, or to the track and bang out some hot laps. Today's 'tuner cars' have to do it all, or the customer won't be happy."

From the other side of the fence, NSX owner Spinelli jokingly sums up the apparent never-ending obsession with speed. "If you're not first, you're last."

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Quoted

"Aside from the obvious of making a living to support my family. The largest driving factor is witnessing the customer's giddy-schoolgirl-scream and ear-to-ear smile that always happens during the first drive after modification.

Cody Loveland

Tuners are sometimes pigeon-holed by brand, but this hand-built General Motors V8 turbo system proves otherwise for LoveFab.

Horoscopes

♈ Aries
March 21 - April 20
You will receive advice from all directions today, making it difficult to work out who is talking sense. Maybe you should shut yourself away for an hour or two and come to your own conclusions.

♉ Taurus
April 21 - May 21
You would be wise to keep your cash in your pocket today because if you make one wrong move, you may have to make several more to cover it up and before you know what's happening it will be costing you a fortune.

♊ Gemini
May 22 - June 21
It will pay you to keep a low profile and wait for the effects of today's Mercury-Saturn alignment to pass. That applies to all areas of your life but especially to your work.

♋ Cancer
June 22 - July 23
You may want to give voice to your feelings today but is that really such a good idea? The planets warn you won't do your cause much good if you let your resentments out for everyone to see.

♌ Leo
July 24 - Aug. 23
Steer clear of people who seem to enjoy talking about their worries. It may make them feel good to feel bad but it will spoil what might otherwise be a marvelous day.

♍ Virgo
Aug. 24 - Sept. 23
Someone who is jealous of your popularity will make life tough for you today but they are unlikely to succeed. Let the negativity go over your head. It'll annoy them. Good.

♎ Libra
Sept. 24 - Oct. 23
You will have to tell a little white lie today, the kind that keeps a friend from getting into serious trouble. A few days from now, when they realize what you did, they will thank you profusely.

♏ Scorpio
Oct. 24 - Nov. 22
Avoid quick fixes and dubious schemes today because they will cost you money. Anyone who approaches you with any of those once-in-a-lifetime, just-can't-lose proposals must be shown the door.

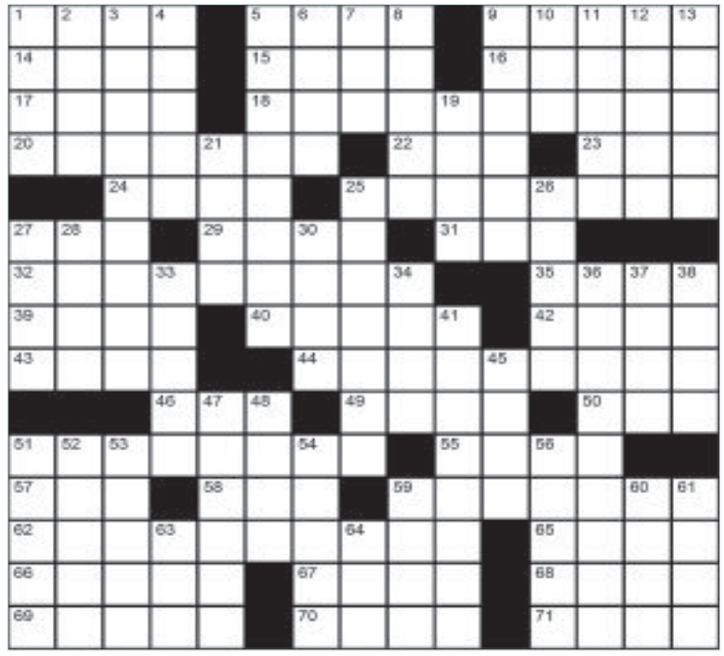
♐ Sagittarius
Nov. 23 - Dec. 21
You must control your temper today. That may be easier said than done but it must be done or what starts as a minor dispute could quickly get out of hand. Avoid people who like to fight.

♑ Capricorn
Dec. 22 - Jan. 20
If you make a promise today you will have to keep, so think carefully before making a commitment. With Mercury, planet of communication, under lots of pressure you should keep your mouth shut.

♒ Aquarius
Jan. 21 - Feb. 19
What you are worrying about is not worth the time. A few days from now, you will look back and wonder how you could have gotten so worked up about something so trivial.

♓ Pisces
Feb. 20 - March 20
The Sun is moving through your sign and you're feeling on top of the world but today's Mercury-Saturn link could dampen your mood with negative news. SALLY BROMPTON

Crossword: Canada Across and Down



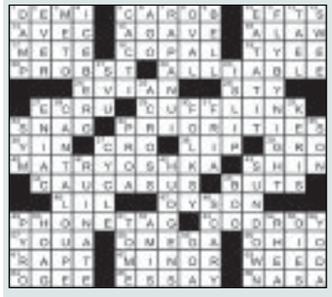
Across
1. Estonia's Lake __
5. By-the-tracks structures, for short
9. Floral leaf
14. Owl's call
15. Wholly Part link: 2 wds.
16. Disney dog
17. Wanes
18. SOCHI 2014 - Biathlon competition: 2 wds.
20. Error
22. Verdi aria: "__ Tu"
23. Extremist org. in 1974 headlines
24. Tunesmith Lisa
25. Nunavut: Sylvia __ Territorial Park
27. Fib
29. Mr. Matsuhisa (Celebrity chef)
31. Canuck rock gr.
32. Moscow: One of the vivid architectural features of Saint Basil's Cathedral: 2 wds.
35. Spinning stats
39. Kabul, __.
40. Part of Fred Flintstone's roar!
42. Old Rome's 1052
43. Qatar's capital
44. Maggie Gyllenhaal's actor husband Peter
46. Arctic explorer John
49. Misplace
50. Ms. West
51. SOCHI 2014 - Snowboard event, __ Giant Slalom
55. Keen on
57. Tokyo, formally
58. Ms. Zadora
59. Not for
62. Canadian painter of The Jack Pine: 2 wds.
65. Sarah McLachlan song
66. SOCHI 2014 - Adler __ Skating Center
67. Labourer, in olde Anglo-Saxon times
68. Rock 'n' What?
69. Canadian furniture store since 1909
70. Origin
71. Carpenter and Fire

Down
1. "Pardon me..."
2. Quebecoise singer, Alys __ (b.1923 - d.2011)
3. SOCHI 2014 - Winter Olympics sport
4. John Lennon's "__ __ Hard"
5. 1984 Bryan Adams tune
6. Jaunt
7. Veto
8. Curl the lips
9. SOCHI 2014 - Cross-Country event, Team __
10. 'Client' completer
11. Legume
12. In the least: 2 wds.
13. Devoted
19. Smidgen
21. Memphis, __.
25. Candy machine product: 2 wds.
26. "Candle in the Wind" subject, __ Jean
27. Cargo
28. Lowdown
30. Feathery scarves
33. Canadian actress Catherine
34. River of Spain
36. Luc __ (French Canadian lyricist of the musical Notre-Dame de Paris)
37. Ms. Sorvino
38. "West __ Story" (1961)
41. Designated
45. Ms. Rowlands
47. First Greek letters
48. Director Mr. Petri
51. Flower's one-of-some
52. Love lots
53. Shakespeare role
54. Designer chairs surname
56. Accessory for Queen Elizabeth
59. Excellent
60. Sediment
61. Mr. Bachman's
63. Cable TV network Spike, formerly
64. NNW u-turn

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



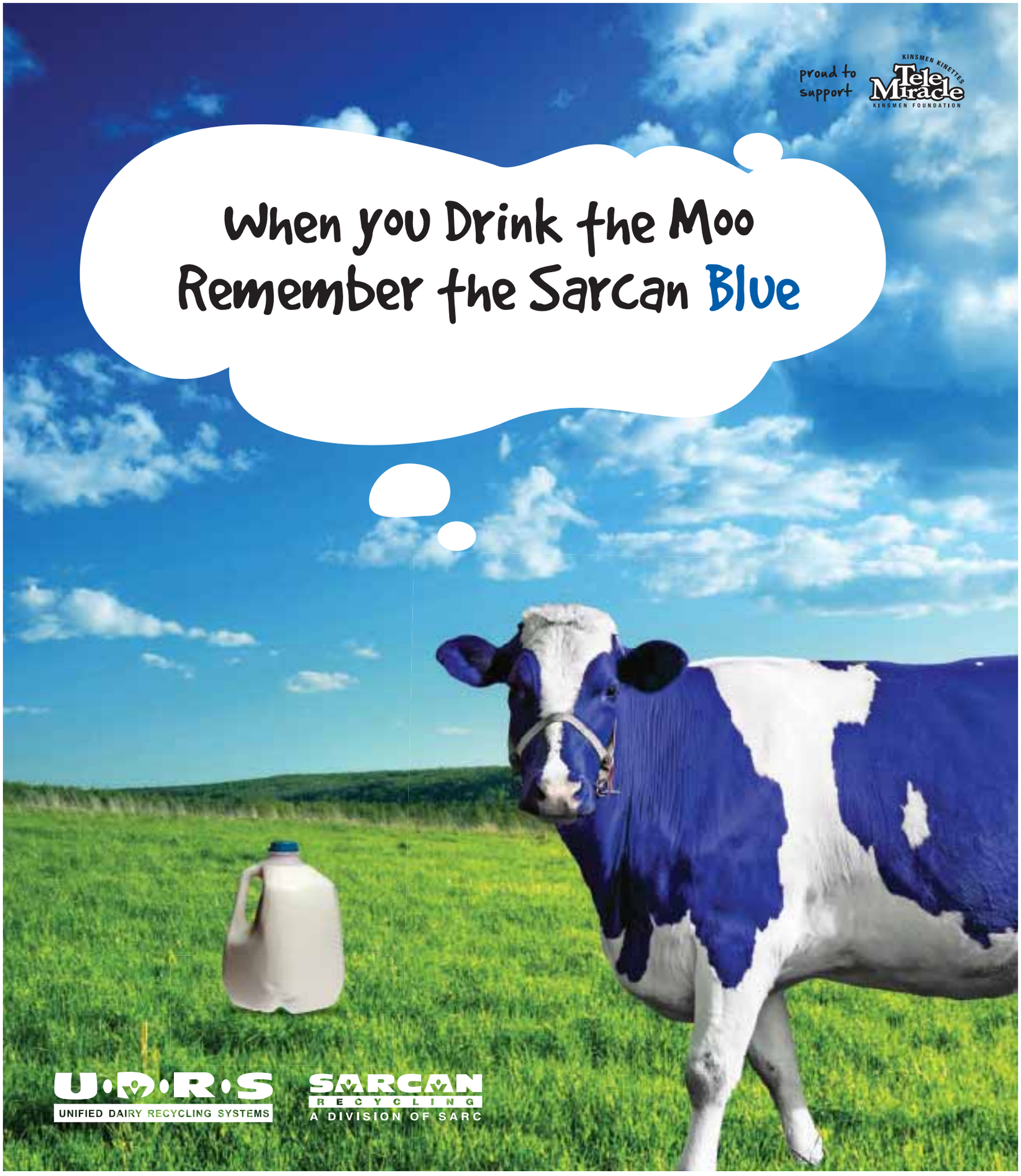
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		4				5		
		1	6		3	7		
8				4				6
	2	8	3		5	4	1	
	3	6	8		7	2	9	
1				9				4
		9	7		8	1		
		7				6		

Yesterday's Sudoku

7	9	2	4	5	1	8	3	6
8	3	5	2	6	7	9	1	4
1	6	4	3	8	9	5	2	7
6	4	8	1	2	5	3	7	9
9	5	1	7	3	8	6	4	2
2	7	3	9	4	6	1	5	8
3	8	7	6	1	4	2	9	5
5	2	9	8	7	3	4	6	1
4	1	6	5	9	2	7	8	3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